

THE Accent

Prince Edward Island Union of Public Sector Employees

UPSE Educational Steward Level II - June 16, 2017

The Steward Level II course is an informative follow-up to the Level I offering.

Members will focus on representation issues including:

- *knowing your membership*
- *working with your union executive*
- *grievance preparation, problem solving and conflict resolution*

Time: 9 a.m. - 4 p.m.
Location: UPSE



Prerequisite: Welcome to UPSE, Steward Level I, and member must be elected as a Steward and confirmed by their local director.

Please register online at (www.peiupse.ca) under "education" or contact the union office to register at 902-892-5335, toll free 1-800-897-8773, or e-mail peiupse@peiupse.ca by Friday, **June 9, 2017**.

The Accent is an internal publication of the Prince Edward Island Union of Public Sector Employees. Comments, questions, concerns and suggestions should be sent to: Mark Barrett, PEI UPSE Communications and Campaigns Officer, at mbarrett@peiupse.ca.

Note to members distributing The Accent:

Because the material contained in this publication is often of a time-sensitive nature, please post or distribute it as soon as possible.

PEI UPSE is proud to represent over 5000 members in the public and private sectors.

UPSE Educational

Mental Health and the Workplace

June 29, 2017

PEI UPSE is offering a course on ***Mental Health and the Workplace*** on June 29, 2017 after successfully launching the course during Mental Health Week.

Time: 9 a.m. - 4 p.m.

Location: UPSE

The course emphasizes the importance of maintaining good mental health and understanding mental health conditions. The nature of stress, particularly stress in the workplace and managing stress will be examined. Types of mental illness, stigma, and the factors affecting mental health conditions will also be discussed.



Finally, many employees are required to deal with situations that are potentially dangerous and traumatic. Examples of these types of situations will be reviewed, and there will be discussion about the ways people can help themselves cope with the aftermath so they can minimize the risk of suffering longer term impacts on their mental health.

*Please register online at (www.peiupse.ca) or contact the union office to register at 902-892-5335, toll free 1-800-897-8773, or e-mail peiupse@peiupse.ca by 4:00 p.m. on **June 22, 2017.***

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