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Prince Edward Island Union of Public Sector Employees

Follow UPSE on New Facebook

We are excited to announce the launch of our new official Union Facebook page — your online hub for UPSE news, updates, and events.



We will:

- *Share timely information on bargaining and contract updates*



Prince Edward Island Union of Public Sector Employees

- *Highlight successes and challenges from around our workplaces*
- *Promote upcoming meetings, educational events and union activities*
- *Build community and solidarity by amplifying member voices*

Like and follow us today so you never miss an update or an opportunity to connect with fellow members. Use the link below or scan the QR code (*to your right*) with your camera to get to the **Prince Edward Island Union of Public Sector Employees** - Facebook page.

<https://www.facebook.com/profile.php?id=61586711106355>



Steward Level II

The **Steward Level II** course is an informative follow-up to the Level 1 offering.

- *knowing your membership, steward as activist, liaison between your workplace and the Union office*
- *working with your Local executive, duty of fair representation*
- *problem solving and conflict resolution*
- *understanding your role as a Steward and representing UPSE*

Date: March 5, 2026, 9:00 to 4:00 pm at the **UPSE office** (Contact UPSE by **February 20, 2026**, to register at **902-892-5335** or email **peiupse@peiupse.ca**)

Prerequisite: must be elected as a Steward (at a Local meeting) and have Welcome to UPSE and Steward Level I

Planning the Future/Financial Management

This course is intended for younger UPSE members. Pensions, investing, life insurance and health care protection will be discussed.

- importance of retirement planning • plan and start early (financial plan, activity / lifestyle)
- review your pension statements for accuracy • review your health plan to determine your benefits

Date: **April 22, 2026, 9:00 to 4:00 pm** at the **UPSE office** (Contact UPSE by **April 8, 2026** to register, at **902-892-5335** or email **peiupse@peiupse.ca**)

Course: Welcome to UPSE

The **Welcome to UPSE** course is perfect for getting to know your union better.

- learn about UPSE's history, evolution, the union's structure and how it works, and about the benefits of belonging to a Union
- learn about the tools you need to carry out your role within the union effectively
- learn about your collective agreement rights

Date: **April 28, 2026 from 9:00 to 4:00 pm at the UPSE office.** (Contact UPSE by **April 15, 2026** to register, at **902-892-5335** or email **peiupse@peiupse.ca**)



Wellness in Winter: Supporting Each Other Beyond Blue Monday

Now that Blue Monday is behind us, it's important to recognize that winter can still feel heavy for many of our members. Shorter days, cold weather, and the post-holiday lull can affect energy, mood, and overall well-being. Let's focus on building supportive habits and connections that help us thrive throughout the season.

Here are a few simple, practical ways we can support ourselves and one another this season:

Get light and fresh air when you can: Even short breaks outside, or sitting by a window, can boost mood and energy during winter's darker days.

Stay connected: Check in with colleagues or loved ones regularly. A quick "how are you really doing?" can make a big difference, especially when isolation feels more intense.

Move your body: Physical activity, — even gentle stretching or a short walk, releases endorphins and can lift mood.

Practice self-care habits: Small routines like mindful breathing, setting a sleep schedule, or taking breaks help manage stress and maintain resilience.

If you feel you don't have anyone to talk to consider contacting the Employee Assistance Program (<https://psc.gpei.ca/employee-assistance-program>). The EAP offers confidential counseling and support services to help employees and their families address personal and work-related challenges.

UPSE Health PEI members can also use MindBeacon's virtual mental health therapy clinic. MindBeacon is dedicated to providing you mental health support that fits your life: <https://src.healthpei.ca/mindbeacon>