

## 3 DAY EDUCATION SEMINAR

**WHEN:** June 26, 27 & 28, 2026

**WHERE:** Holiday Inn Express Downtown -  
10010 – 104<sup>th</sup> Street, Edmonton

### COURSES OFFERED:

#### ***Welcome to CUPW***

The purpose of this course is to explore all aspects of CUPW-STTP to provide a basis for knowledge of who we are, what we do and how we guide our work, as well as understanding the various fields in which CUPW dedicates our work; to have fun in an informal learning environment; to create a sense of belonging; and to recognize the differences between the goals that drive employers versus the values that guides the work of Unions. Participants will gain awareness of strengths and challenges as we work together to develop the values we want to promote within CUPW.

#### ***Mental Health in the Workplace***

This course is about recognizing mental health issues in the workplace, assisting co-workers suffering from mental illness, and strategies for psychological health and safety. Participants explore the stigma towards people living with mental illness. They review the signs and symptoms of mental health problems, and the indicators of psychological health and safety in the workplace. They look at different support and accommodation measures and explore strategies to facilitate psychological health and safety at work.

#### ***Political Action***

We live in challenging times. The future of the postal service and trade unionism is at risk. There is no use in pretending otherwise. This course is about shaking up things, moving our heads beyond grievances, arbitrations and consultations that do little to improve the daily life of the average worker while postal service is decimated. It is about finding ways to knock the legs out of your opponent and shift gears to an organizing culture that goes on the offensive. If that sounds good then we are setting the bar a little higher here. This is about taking an *initiative* and not restricting ourselves to what we know.

#### ***Health and Safety***

In this course, we want to bring health and safety back to its political beginnings. CUPW health and safety representatives will explore the different interests of the employer and the union in health and safety. Participants will practice 'facing management' and discuss ways to mobilize members around health and safety issues. At the same time, they will develop the skills and knowledge they need to feel confident in participating with management on joint health and safety committees.

### DEADLINE FOR APPLICATIONS TO BE SUBMITTED TO THE LOCAL:

**17 April 2026 at 4:00 pm**

Registration deadlines for locals may vary, please contact your local to ensure you do not miss the deadline for applying.

Understanding that there are limited opportunities, preferences will be given to impassioned members who demonstrate their commitment to their Union and Community.

Interested members should be made aware that all sessions of the courses are mandatory. Please instruct participants to inform the Regional Education and Organization Officer – Dave Lambert, of any medical conditions that must be considered. All Union functions are scent free so please refrain from wearing perfume or scented products.

This education program falls under Article 11.06 of the National Constitution and expenses for delegates are paid under Article 7.42, which include meals, transportation and accommodation. Reimbursement for childcare expenses is also available. The Union encourages all members to

access this right of membership and learn how to make your own working life and that of your co-workers better.

For more information contact your shop steward, local education officer or executive member.

In Solidarity,



Dave Lambert, Regional Education & Organization Officer  
CUPW Prairie Region