



Winter **PSAC EDUCATION IN THE PRAIRIE SOUTHERN SASKATCHEWAN REGION** January 2026

Self-Care as a Union Activist (Pan-Prairies Virtual)

First offered at the 2025 PSAC National Health and Safety Conference, in this session, participants will be able to:

1. Understand why self-care is essential for maintaining effectiveness as a union representative and prioritize your own care.
2. Learn practical and pragmatic strategies for self-care, setting boundaries and preventing burnout.
3. Develop personal self-awareness techniques to identify stress and take action.
4. Explore efficiency strategies to manage workload without feeling overwhelmed.

Date: **Wednesday, January 14th**

Time: AB 6:00 PM – 7:30 PM
MB & SK 7:00 PM – 8:30 PM

DEADLINE TO REGISTER: December 24, 2025

REGISTRATION LINK: [CLICK HERE](#)



**For more information please contact: Regina Regional Office
1230 Blackfoot Drive, Suite 110 Regina, Saskatchewan S4S 7G4
Telephone: 306-757-3575 Email: Regina-Admin@psac-afpc.com**





CONTINUED JANUARY EDUCATION SCHEDULE SOUTHERN SASKATCHEWAN REGION

Congress of Union Retirees of Canada's - Pre-retirement course – CURC (Pan Prairie Virtual)

This course is for small groups of about 20 people who want to learn more about retirement. This course is based on group discussion lead by people who are retired. It is not an expert model, where people may want to sell you their services. Rather, it is a chance to look the issues that you should consider. The course is held over two days.

The course will include discussion on the following aspects of retirement: Retirement Goals, Housing, Legal planning, Relationships, Activities, Things we must do, Workplace pension plans, and Net worth.

Date: TO BE DETERMINED

2 day course: AB 9:00AM to 3:30PM

MB & SK 10:00AM to 4:30PM

DEADLINE TO REGISTER: The dates for this course are still being finalized. We hope to offer the course late January or early February. If you are interested – please register and your name will be on the participant list to be notified of the final date.

REGISTRATION LINK: [CLICK HERE](#)

Never sure of how to speak to Public Services? (Pan Prairie Virtual)

Public Service: Public service is a broad term that encompasses a wide range of public issues. At its core, public service work is about supporting communities, serving others, and protecting the rights and interests of the public.

Join us as we discuss:

What Public Services have meant to the development of Canada.

What Public Services return to the economy.

What Public Services provide to the citizens of Canada.

Why Public Services are fundamental to Canadians!

Date: January 31st

1 day virtual course: AB 9:00 AM to 4:30 PM

MB & SK 10:00 AM to 5:30 PM

DEADLINE TO REGISTER: January 9, 2026

REGISTRATION LINK: [CLICK HERE](#)



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Winter **PSAC EDUCATION IN THE PRAIRIE SOUTHERN SASKATCHEWAN REGION** February 2026

Land Acknowledgements – Personalized (Pan-Prairies Virtual)

During this workshop we will review how to write a meaningful land acknowledgement. We will look at:

- **Research the area you live or work in**
- **Really thing about it – Reflect**
- **Make it Personal**
- **Show the appreciation to the land/water/plants/animals**
- **Show appreciation humility/respect for the peoples that have stewarded the land**
- **Lastly, say thank you**

Date: Thursday, February 12th

3hr workshop: AB 5:00 PM to 8:00 PM

MB & SK 6:00 PM to 9:00 PM

DEADLINE TO REGISTER: January 22nd

***Please note that after the registration deadline, names will be placed on a waitlist for the course.**

REGISTRATION LINK: [CLICK HERE](#)



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CONTINUED FEBRUARY EDUCATION SCHEDULE SOUTHERN SASKATCHEWAN REGION

Best Practices in Addressing Emerging Hazards (Pan-Prairies Virtual)

This workshop was first introduced at the 2025 PSAC National Health and Safety conference. This process and solutions-oriented workshop emphasizes employer legal responsibilities, strategies and best practices for preventing emerging hazards in new work environments. There will be a particular focus on the role of workplace committees in addressing emerging hazards, and includes information on violence, telework safety and open concept / hotel desking hazards, including noise and ergonomics.

Date: **Wednesday, February 18th**

Time: **AB 6:00 PM to 7:30 PM**

MB & SK 7:00 PM to 8:30 PM

DEADLINE TO REGISTER: January 28th

***Please note that after the registration deadline, names will be placed on a waitlist for the course.**

REGISTRATION LINK: [CLICK HERE](#)



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Winter

PSAC EDUCATION IN THE PRAIRIE SOUTHERN SASKATCHEWAN REGION

March 2026

DUTY TO ACCOMMODATE – An Evolving Discussion (Pan-Prairies Virtual)

Duty to Accommodate is a tri-partite system, which involves the worker, the union and the employer, with a focus on the duty of employers to make sure that their workplaces are inclusive and allow all workers to participate fully. This course will frame the current process and explore how the Duty to Accommodate has recently evolved. The definition and understanding of accommodation needs is constantly evolving. The process still places the onus on the employee to initiate the request – we will discuss how we change the employer's approach to accommodation, and how we can shift this process to one that is ingrained in the workplace culture, as opposed a system where we create exceptions to workplace expectations.

Date: Saturday, March 21, 2006


1 day virtual course: AB 8:30 AM to 4:30PM

MB & SK 9:30 AM to 5:30 PM

DEADLINE TO REGISTER: February 27, 2026

***Please note that after the registration deadline, names will be placed on a waitlist for the course.**

REGISTRATION LINK: [CLICK HERE](#)



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CONTINUED MARCH EDUCATION SCHEDULE SOUTHERN SASKATCHEWAN REGION

Allyship is a Verb! Allyship is rooted in Action!
(Pan Prairie Virtual)

We all have a concept of what being an ally means but how do we DO allyship?

With challenges to social justice, equity, and communities internationally and at home – how does one stand strong in allyship?

Come prepared to be an ally today!
Allies, the time for action is now.

Prerequisites: There are no prerequisites for this course.

Date: **March 28th**

1 day virtual course: **AB** 9:00 AM to 4:30PM
MB & SK 10:00 AM to 5:30 PM

DEADLINE TO REGISTER: March 6, 2026

***Please note that after the registration deadline, names will be placed on a waitlist for the course.**

REGISTRATION LINK: [CLICK HERE](#)



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