

Winter **PSAC EDUCATION IN THE PRAIRIE NORTHERN ALBERTA 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: Edmonton Regional Office
10130 103 Street, Suite 2050 Edmonton, AB T5J 3N9
Phone: 780-423-1290 Toll free: 1-800-814-3948
Email: Edmonton-Registration@psac-afpc.com**





CONTINUED JANUARY EDUCATION SCHEDULE NORTHERN ALBERTA REGION

BUILDING SOLIDARTIY WITH INDIGENOUS COMMUNITY

(In person)

This course will provide education to members of the PSAC on the history and struggles of Métis, Inuit and First Nations' people and peoples across Turtle Island.

We will discuss the history and legacy of Residential Schools, Indian Hospitals, the *Indian Act*, colonialism, human rights, anti-racism, and oppression. We will examine the 94 Calls to Action and the 10 Principles of Reconciliation and discuss how they can apply to the work we do in the union.

Another main theme of the course is showing solidarity with FNMI communities. How we can do that as a union and how we can do that as individuals. Using little known but deeply important acts of solidarity, we can help members find creative and modern ways to help advance the issues of justice and human rights for FNMI members, their families and their communities. When we talk about Reconciliation, what we mean is reconciliACTION. And before any reconciliation there must be truth. When we learn the truth, it makes it abundantly easier for the union to walk the path of reconciliation. This course is a first step on that path.

This course was designed specifically for non-Indigenous members of the union; however, it is likely that a number of Indigenous members will register to participate. All are welcome in this course.

Prerequisites: There are no prerequisites for this course. This course is a prerequisite for Unionism on Turtle Island.

Date: Friday to Sunday, January 16th – 18th

This is a 3 days course: 9:00 AM to 5:00 PM

DEADLINE TO REGISTER: January 2nd

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

REGISTRATION LINK: [CLICK HERE](#)



For more information please contact: Edmonton Regional Office

10130 103 Street, Suite 2050 Edmonton, AB T5J 3N9

Phone: 780-423-1290 Toll free: 1-800-814-3948 Email: Edmonton-Registration@psac-afpc.com



CONTINUED JANUARY EDUCATION SCHEDULE NORTHERN ALBERTA REGION

TALKING UNION BASICS (TUB) (In person)

This course is the union's key "introductory" education event. If you have wondered what it means to be a union member, how PSAC works, and what happens to your dues dollars, then Talking Union Basics provides answers to these questions. The course also introduces the collective agreement, your employee rights and your rights as a member of the PSAC. You will learn about the many opportunities to be active in the union and ways you can make a contribution to building strong locals in the Prairie region.

Date: Saturday & Sunday, January 31st & February 1st

This is a 2 days course: 9:00 am to 5:00 pm

DEADLINE TO REGISTER: January 16th

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

REGISTRATION LINK: [CLICK HERE](#)

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 days 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](#)



For more information please contact: Edmonton Regional Office

10130 103 Street, Suite 2050 Edmonton, AB T5J 3N9

Phone: 780-423-1290 Toll free: 1-800-814-3948 Email: Edmonton-Registration@psac-afpc.com



CONTINUED JANUARY EDUCATION SCHEDULE NORTHERN ALBERTA REGION

Never sure of how to speak to Public Services? (Pan-Prairies 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: Saturday, 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](#)



For more information please contact: Edmonton Regional Office

10130 103 Street, Suite 2050 Edmonton, AB T5J 3N9

Phone: 780-423-1290 Toll free: 1-800-814-3948 Email: Edmonton-Registration@psac-afpc.com



Winter **PSAC EDUCATION IN THE PRAIRIE NORTHERN ALBERTA 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](#)

**For more information please contact: Edmonton Regional Office
10130 103 Street, Suite 2050 Edmonton, AB T5J 3N9
Phone: 780-423-1290 Toll free: 1-800-814-3948
Email: Edmonton-Registration@psac-afpc.com**





CONTINUED FEBRUARY EDUCATION SCHEDULE NORTHERN ALBERTA 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](#)



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 FEBRUARY EDUCATION SCHEDULE NORTHERN ALBERTA REGION

DOMESTIC VIOLENCE AT WORK: PSAC TRAINING FOR REPRESENTATIVES (DVW) (In person)

Eliminating and advocating to end violence against women has been a longstanding priority for PSAC members. Several resolutions on this issue have been adopted throughout the years. At the 2015 PSAC National Triennial Convention, members adopted a resolution to develop a domestic violence education training program. This course is a result of the action of members to bring this issue forward as a workplace and union issue.

If you are willing to take on advocacy and referral for members in the workplace who are experiencing domestic violence, we invite you to apply for this course. Participants will receive information and training on how to deliver short awareness presentations to other members on the topic of domestic violence in the workplace. There will be support worker(s) available throughout the course. By the end of this workshop participants will be able to:

- ❖ explain why domestic violence is a workplace issue and what the union can do to support members who experience domestic violence.
- ❖ identify the role and responsibilities of the parties with regards to supporting someone in the workplace who experiences domestic violence.
- ❖ recognize the signs, in the workplace, that someone might be experiencing domestic violence.
- ❖ support and refer members who experience domestic violence.
- ❖ deliver a short awareness presentation to members, on domestic violence in the workplace.

Prerequisites: Talking Union Basics (TUB)

DATE: February 27th to March 1st Friday, Saturday & Sunday

This is a 2.5 days course: Friday 2:00pm to 6:00pm
 Saturday & Sunday 9:00am to 5:00pm

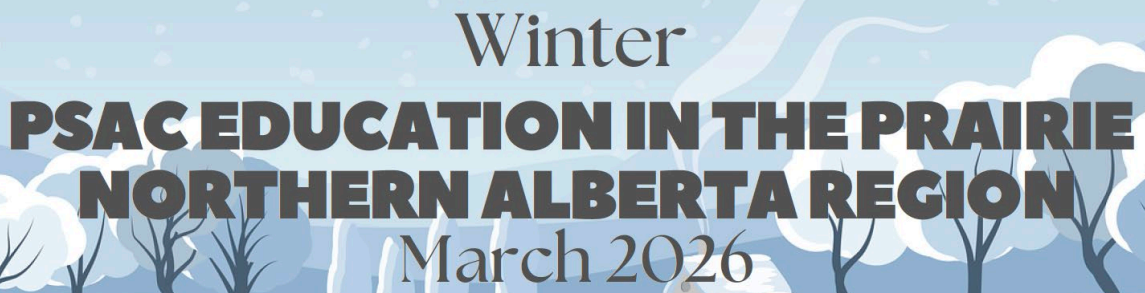
DEADLINE TO REGISTER: February 13th

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

REGISTRATION LINK: [CLICK HERE](#)



For more information please contact: Edmonton Regional Office
10130 103 Street, Suite 2050 Edmonton, AB T5J 3N9
Phone: 780-423-1290 Toll free: 1-800-814-3948 Email: Edmonton-Registration@psac-afpc.com



Winter **PSAC EDUCATION IN THE PRAIRIE NORTHERN ALBERTA REGION** March 2026

GREIVANCE HANDLING (In person)

NOTE: The prerequisite for this course, is Talking Union Basics, no exceptions.

This two-day advanced course will provide new union stewards with the essential framework for handling grievances. We will develop participants' knowledge, skills, and confidence in effectively solving problems at the workplace prior to filing grievances. This course will help build the technical skills such as identifying, investigating, writing up, and presenting grievances. Participants will gain a better understanding of how to work with members at the initial stages of the grievance procedure, and how to mobilize members around workplace problems.

DATE: Saturday & Sunday, March 21st – 22nd
Saturday & Sunday 9:00am – 5:00pm

DEADLINE TO REGISTER: March 6th

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

REGISTRATION LINK: [CLICK HERE](#)



For more information please contact: Edmonton Regional Office
10130 103 Street, Suite 2050 Edmonton, AB T5J 3N9
Phone: 780-423-1290 Toll free: 1-800-814-3948
Email: Edmonton-Registration@psac-afpc.com





CONTINUED MARCH EDUCATION SCHEDULE — NORTHERN ALBERTA REGION

Winter F

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, 2026

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](#)



For more information please contact: Edmonton Regional Office

10130 103 Street, Suite 2050 Edmonton, AB T5J 3N9

Phone: 780-423-1290 Toll free: 1-800-814-3948 Email: Edmonton-Registration@psac-afpc.com



CONTINUED MARCH EDUCATION SCHEDULE — NORTHERN ALBERTA REGION

Winter F

Allyship is a Verb! Allyship is rooted in Action!
(Pan-Prairies 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](#)



For more information please contact: Edmonton Regional Office

10130 103 Street, Suite 2050 Edmonton, AB T5J 3N9

Phone: 780-423-1290 Toll free: 1-800-814-3948 Email: Edmonton-Registration@psac-afpc.com