



Winter PSAC EDUCATION IN THE PRAIRIE MANITOBA 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

AB: 6:00 PM – 7:30 PM OR MB + SK: 7:00 PM – 8:30 PM

REGISTRATION LINK:

[Register here](#)

REGISTRATION DEADLINE: December 24th

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



**For more information please contact: Winnipeg Regional Office
175 Hargrave Street, Suite 460 Winnipeg, Manitoba R3C 3R8
Telephone: 204-947-1601 Email: winnipeg-registration@psac-afpc.com**





CONTINUED JANUARY EDUCATION SCHEDULE MANITOBA REGION

Domestic Violence at Work Course: PSAC Training fo Representatives (In Person)

In December 2014, the Canadian Labour Congress (CLC) released the results of a survey that was developed in collaboration with the Centre for Research and Education on Violence against Women and Children, of Western University in Ontario (CREVAWC), on the impact of domestic violence on the lives of workers. The results show that more than 1/3 of workers experience (or have experienced) domestic violence and for over half of those, domestic violence follows them to work. More than 80% of those experiencing domestic violence said that it impacts their work performance and/or ability to get to work.

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.



CONTINUED JANUARY EDUCATION SCHEDULE MANITOBA REGION

Date: Friday, January 23 – 25

Friday: 4:00 PM to 7:00 PM (Dinner Provided)

Saturday & Sunday 9:00 AM to 5:00 PM

In Person – in the Winnipeg Regional Office

REGISTRATION LINK:

[Register here](#)

REGISTRATION DEADLINE: January 5th

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

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: Wednesday, January 31st

AB: 9:00 AM – 4:30 PM OR MB + SK: 10:00 AM – 5:30 PM

REGISTRATION LINK:

[Register here](#)

REGISTRATION DEADLINE: January 9th

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



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CONTINUED JANUARY EDUCATION SCHEDULE MANITOBA REGION

Congress of Union Retirees of Canada's – Pre-Retirement Course

(Pan-Prairies 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: Saturday & Sunday TBD

AB + SK 9:00 AM -3:30 PM OR MB 10:00 AM – 4:30 PM

REGISTRATION LINK:

[Register here](#)

REGISTRATION DEADLINE: 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.

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



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Winter

PSAC EDUCATION IN THE PRAIRIE MANITOBA REGION

February 2026

TALKING UNION BASICS

(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 due's 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.

The Talking Union Basics Course is the pre-requisite course for all advanced PSAC courses.

Date: Friday & Saturday, February 6th & 7th

In Person – in the Winnipeg Regional Office

This is a 2-day course: 9:00 AM – 5:00 PM

REGISTRATION LINK:

[Register here](#)

REGISTRATION DEADLINE: January 15th

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



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CONTINUED FEBRUARY EDUCATION SCHEDULE MANITOBA REGION

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 think 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

REGISTRATION LINK:

[Register here](#)

REGISTRATION DEADLINE: January 22nd

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

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 deskings hazards, including noise and ergonomics.

Date: Wednesday, February 18th

AB: 6:00 PM – 7:30 PM OR MB + SK: 7:00 PM – 8:30 PM

REGISTRATION LINK:

[Register here](#)

REGISTRATION DEADLINE: January 28th

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



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Winter

PSAC EDUCATION IN THE PRAIRIE MANITOBA REGION

March 2026

GRIEVANCE 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 14th & 15th

(In Person – in the **Winnipeg** Regional Office)

This is a 2-day course: 9:00 AM to 5:00 PM

REGISTRATION LINK:

[Register here](#)

REGISTRATION DEADLINE: February 20th

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



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CONTINUED MARCH EDUCATION SCHEDULE MANITOBA REGION

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 st

AB + SK: 8:30 AM – 4:30 PM OR MB: 9:30 AM – 5:30 PM

REGISTRATION LINK:

[Register here](#)

REGISTRATION DEADLINE: February 27th

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

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.

Date: Saturday, March 28th

AB + SK: 9:00 AM – 4:30 PM OR MB: 10:00 AM – 5:30 PM

REGISTRATION LINK:

[Register here](#)

REGISTRATION DEADLINE: March 6th

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



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Convention Prep Course

(In Person)

This course will familiarize delegates to the PSAC Prairies Triennial Convention with the process of passing resolutions and the rules of order that will be used at the convention.

Who is this course for?

This course is open to all members but **priority will be given to PSAC members who are registered as delegates or observers to the next PSAC Prairies Triennial Convention.**

This course aims to enable participants to:

- Be able to explain the main purpose of the convention
- Develop strategies for getting support for resolutions at convention
- Be able to explain how voting works at Convention
- Be familiar with the Rules of Order used at Convention

Date: Saturday, April 11th

In Person – in the Winnipeg Regional Office

9:00 AM TO 5:00 PM

REGISTRATION LINK:

[Register here](#)

REGISTRATION DEADLINE: March 20th

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





**CONTINUED APRIL EDUCATION SCHEDULE
MANITOBA REGION**



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