



### **SELF CARE AS A UNION ACTIVIST**

(Pan-Prairies Virtual)

**January 14, 2026**

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

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.

**DEADLINE TO REGISTER:** December 24, 2025

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

[Registration Link](#)

### **DUTY TO ACCOMMODATE**

(In-Person, Calgary)

**January 24, 2026**

What is the Duty to Accommodate? What are the roles of the employers, unions and individuals requesting accommodation? Should we wait for individual requests or are there things we should be doing that anticipate accommodation needs of workers? Is there legislation and case law we need to know about? What are some examples of measures we should be actively promoting in the workplace? What about within the union – what accommodations should we introduce to get our own house in order?

**DEADLINE TO REGISTER:** January 9, 2026

[Registration Link](#)





## CONTINUED JANUARY EDUCATION SCHEDULE SOUTHERN ALBERTA REGION

### **NEVER SURE HOW TO SPEAK TO PUBLIC SERVICES?**

(Pan Prairies – Virtual)

**January 31, 2026**

AB 9:00 AM / MB & SK 10:00 AM - AB 4:30 PM / MB & SK 5:30 PM

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!

**DEADLINE TO REGISTER: January 9, 2026**

[Registration Link](#)



**For more information please contact: Calgary Regional Office**  
**400-609 14th St. NW Calgary, Alberta T2N 2A1**  
**Telephone: 403-270-6555 Email: [Calgary-Registration@psac-afpc.com](mailto:Calgary-Registration@psac-afpc.com)**



## CONTINUED FEBRUARY EDUCATION SCHEDULE SOUTHERN ALBERTA REGION

### **Land Acknowledgements – Personalized**

(Pan-Prairies Virtual)

**Date: Thursday, February 12th**

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

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

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

**DEADLINE TO REGISTER: January 22nd**

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

[Registration Link](#)

### **BEST PRACTICES IN ADDRESSING EMERGING HAZARDS**

(Pan-Prairies Virtual)

**Wednesday, Feb. 18**

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

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.

**DEADLINE TO REGISTER: January 28, 2026**

[Registration Link](#)

### **CALGARY MINI-SCHOOL FOR UNION STEWARDS**

(In-Person, Calgary)

**March 6 & 7, 2026** (Open to Union Stewards in Southern Alberta.)

Mini Union School for Southern Alberta Stewards! This in-person event will provide skill development through such topics as defining your role as a steward, stewards as problem solvers, human rights in the workplace, working through conflict, and building our Union. This will be a valuable networking and learning experience for members. Participants will come away feeling more confident in their role as a Union Steward.

**DEADLINE TO REGISTER: February 20, 2026**

[Registration Link](#)



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# Winter

## PSAC EDUCATION IN THE PRAIRIE SOUTHERN ALBERTA REGION

### March 2026

#### **DUTY TO ACCOMMODATE – AN EVOLVING DISCUSSION**

(Pan-Prairies Virtual)

**March 21, 2026**

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

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.

**DEADLINE TO REGISTER: February 27th, 2026**

[Registration Link](#)

#### **ALLYSHIP IS A VERB! ALLYSHIP IS ROOTED IN ACTION!**

(Pan Prairie - Virtual)

**March 28, 2026**

9:00 – 4:30 AB, and 10:00 – 5:30 SK & MB

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 local and international— how do WE stand strong in allyship?

Come prepared to be an ally today!

Allies, the time for action is now.

**DEADLINE TO REGISTER: March 6, 2026**

[Registration Link](#)



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## CONTINUED MARCH EDUCATION SCHEDULE SOUTHERN ALBERTA REGION

### **CONGRESS OF UNION RETIREES OF CANADA - Pre-Retirement course (Pan-Prairies Virtual) – CURC – Date TBD.**

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.

**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](#)



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