



# Prairie School for Union Women



June 9 – 13, 2024  
University of Regina



## School Information

The Prairie School for Union Women offers trade union women an intensive four days of learning and sharing in a supportive environment. The goals of the school are to develop women's personal and leadership skills and to build solidarity among women workers.

Whether you are a woman who is a long time activist or just starting to get involved in your union, this school is open to you. This year, the school will be held in person in Regina from June 9 – 13 at the University of Regina, Education Building, Main Campus, 3919 University Drive South.

Enrollment for the school is limited and courses are filled on a first registered, first preference basis. **Your registration fee must accompany your registration form in order to qualify. Register early as seats are limited in each course!** We will do our best to register you in your preferred course.

### Meals, Accommodation and Transportation

Registration fees include supper on Sunday, breakfast, lunch and supper on Monday, Tuesday and Wednesday, and breakfast on Thursday. Any other meals are the participant's responsibility.

Fees also include accommodation at the University of Regina and you will be situated in a two bedroom or four bedroom suite on campus. Upon completing the registration form, indicate the name(s) of the participants you prefer to share a suite with. If you do not have a preference, please leave this area of the form blank and you will be assigned shared accommodation. Assignments are based on receipt of paid registrations and the SFL reserves the right to assign accommodation.

The cost of parking on campus is included in the registration fee and transportation costs are the responsibility of the participant. Do not book flights out of Regina earlier than 2:00 pm if possible.

### Childcare

Childcare may be provided onsite to children 12 years of age and under by qualified childcare workers. This is for parents/guardians who have no alternate care available. Space is limited and only pre-registered children will be accepted. **The deadline to request childcare is May 3, 2024, no exceptions.** All parents/guardians requesting childcare will be contacted after May 3, 2024.

The cost for participants with children in childcare is \$500 for the first child and \$200 for each additional child. Fees include meals, snacks and activities where costs are incurred.

### Scholarship Program

The Prairie School for Union Women has established a Scholarship Fund for the purpose of encouraging women from equity-seeking groups and from non-unionized work settings to attend the school as participants.

Women from the following equity-seeking groups are eligible to apply: Indigenous women, women with disabilities, visible minority women, lesbian/bisexual/transgender women and youth (29 and under). In addition, unemployed women and women working in non-unionized settings are eligible to apply.

**The Scholarship Application Form is available on the SFL website at [2024 Prairie School for Union Women](#) and the deadline to apply is May 3, 2024.** Contact the SFL office at 306.525.0197 or email [d.duff@sfl.sk.ca](mailto:d.duff@sfl.sk.ca) for more information.



## Course Descriptions

Courses are scheduled over four days and if seats are not available in your first course preference, you will be registered in your second or third course preference as selected on your registration form. When registering, please consider the following eight course options.

### A. Guiding the Way: Reconciliation for Labour Leaders

As one of the most intriguing social justice areas in Canada, the Truth and Reconciliation Commission and the Calls to Action have been a focus for many people, including those of us in labour. We have seen the idea of Reconciliation evolve and grow in our communities, so how do we support our members in our collective journey of Reconciliation, as union leaders? What skills, tools, and voices do we have in our leadership toolkit and how can we amplify Reconciliation in labour? If these are questions you have asked yourself as a labour leader, then this course is for you. We invite all individuals who carry a leadership role in their union to this course. Learn, strategize, discuss, observe and listen so you can develop your own understanding and your network – in the spirit of Reconciliation – in this course!

After this course, you will:

- Look at your workplace through a new lens.
- Understand the colonial structures at play in all workplaces.
- Gain confidence to interact with your peers in a new light.

### B. Resisting the Right

If there is one aspect of politics that everyone can agree upon, it is that discussions are increasingly polarized. Conversations seem difficult to navigate, trust is diminished, and messaging is stark.

The rise of the right *normalization* is the process by which something unusual or extreme becomes part of the every day. What once provoked horror and outrage, soon barely registers.

*“The problems we face, did not come down from the heavens. They are made by bad human decisions, and good human decisions can change them.” — Bernie Sanders*

If what Assata Shakur said, *“A Woman's Place is in the Struggle,”* then how do we engage and advocate for good human decisions? How do we get involved? Join us as we discuss our role in resisting the right.

After this course, you will:

- Become more aware and better able to sort through extreme and harmful messaging.
- Access tools for advocating for better decisions and outcomes.
- Understand the importance of being involved and how to engage others in the process.



## Course Descriptions

### C. Women Thinking of Retirement? We Need a Game Plan!

As union women thinking about the future, what must we consider as we think about aging and retirement? No matter your age, it is never too early to start considering life after work. This course will deal with all the major issues union women face when planning for retirement.

The topics covered will include retirement goals, legal issues, housing, relationships, physical and mental health, health benefit plans, safety, disabilities, end of life issues, financial matters, retirement activities, volunteering, and labour involvement in retirement.

This course is for union women who are:

- Interested in knowing more and planning for their own retirement.
- Considering early retirement, or facing layoffs, but not sure if they can afford it.
- Negotiating a pension/benefits plan, or serving as a trustee on a board of pension trustees.

After this course, you will understand:

- The positive aspects of aging and possible pitfalls.
- Ways to maximize your health and safety as you age.
- The importance of having your legal affairs in order.
- Planning and saving for retirement, how much will be needed, and sources of retirement income.
- Family, community and social systems to support your retirement needs.
- Staying active, involved, and engaged.

### D. Labour Community Advocate

Participants are trained in communication skills, interviewing and referral techniques so they can assist union members to find the appropriate resources. The Labour Community Advocate course helps workers to find effective solutions and community support for issues outside the scope of their collective agreements. Labour Community Advocates are often the first contact for coworkers with personal or family issues and are a valuable resource within any union.

After this course, you will:

- Understand the important role and purpose that Labour Community Advocates have within the labour movement and more about addressing comprehensive social issues affecting members, their families and our shared communities.
- Know more about appreciative inquiry, progressive communication, and how to build a stronger base for supporting members experiencing challenges in the workplace.



## Course Descriptions

### E. Occupational Health and Safety for Women

Healthy and safe workplaces are a basic right. This course will provide women activists with tools, materials, and processes to address this key area of work life. You will develop an understanding of how workplace stress and other psychosocial hazards can affect us and how to deal with them. The course will help identify stressors that affect women such as job demands, job control, lack of support, and violence/bullying, resulting in a lack of work life balance. We will discuss health and safety issues important to women and work on solutions and prevention strategies to reduce stress and eliminate hazards.

After this course, you will:

- Understand gender-based inequities in health and safety and how they impact women.
- Continue to discuss workplace hazards that put women's physical and psychological health and safety at risk.
- Explore actions that you can take back to the workplace to address inequities.
- Share questions and answers to some of the challenges and successes you have experienced.

### F. Well Behaved Women (Seldom Make History)

Making change has never been easy. As women have struggled for equality through history, they have faced all kinds of barriers – personal, political, and economic.

In this course we will learn how the principles of feminism and trade unionism can guide us in transforming our workplaces and unions. We will explore how to put an end to oppression and discrimination by putting on our "feminist glasses." We will practice ways to overcome sexism and promote feminist leadership.

After this course, you will:

- Know the history of women's struggles in the labour movement.
- Have the ability to advance women's issues in the local.
- Feel inspired to make change at work, in the union, and in their lives.



## Course Descriptions

### G. Building Strong, Inclusive Locals

Throughout history, women have always needed to organize for change, and as union sisters in all our diversity, we have learned that creating change and shifting behaviours in our workplaces have always been more successful when we build solidarity, engage our diverse communities, and create more inclusive workspaces and movements that prioritize human rights.

In the Prairies, we work hard addressing barriers for all women on a daily basis, and this committed work has strengthened our roots in both the labour and women's movement.

Solidarity, diversity, inclusivity, community organizing, and social activism are tools we can use for mobilizing our diverse communities. As employers and movements continue to divide us, often using racism, sexism, trans/homophobia, and ableism, we will focus on the roles we can play as leaders and activists to counter these tactics and work stronger together to advance equity, diversity and inclusivity.

After this course, you will:

- Explore the foundations of solidarity, activism, and building safer and more inclusive spaces.
- Develop the tools needed to create change in our locals and in our movement.
- Be ready to return to our communities to implement structures that empower all women to become an ally.

### H. Union/Labour Basics

Making change is never easy. Women have struggled for equality through history, facing personal, political and economic barriers.

We cannot undo history, but we can control our future by finding our place in the union. We will learn about all aspects of unions in a friendly, fun environment.

You will learn how women's issues can be advanced from the grassroots to the bargaining table. We will learn practical skills for becoming a union activist including public speaking, resolution writing, chairing and participating in meetings and conventions, and running for union office.

After this course, you will:

- Know the history of women's struggles in the workplace and the labour movement.
- Understand how a union works and feel confident in your abilities to fully participate.
- Build confidence in your skills to be a leader.
- Be inspired to take your rightful place in the labour movement.
- Be ready to take on the world.



# Agenda

**REGISTRATION BEGINS SUNDAY, JUNE 9 AT 3:00 PM**

## **Sunday, June 9**

Registration  
Supper  
Opening Plenary

## **Monday, June 10**

Breakfast  
Plenary  
Courses  
Lunch  
Courses Continue  
Supper

## **Tuesday, June 11**

Breakfast  
Plenary  
Courses  
Lunch  
Courses Continue  
Supper

## **Wednesday, June 12**

Breakfast  
Plenary  
Courses  
Lunch  
Courses Continue  
Supper

## **Thursday, June 13**

Breakfast  
Courses  
Closing Plenary

**SCHOOL ENDS THURSDAY, JUNE 13 AT 12:00 NOON**

**SAFE TRAVELS HOME!**



# Registration

PLEASE COMPLETE ALL INFORMATION ON THE REGISTRATION FORM.

REGISTRATION IS ALSO AVAILABLE ONLINE AT [2024 PRAIRIE SCHOOL FOR UNION WOMEN](https://www.prairie-school.ca) OR BY SCANNING



NAME: \_\_\_\_\_

UNION NAME AND LOCAL NUMBER: \_\_\_\_\_ OCCUPATION: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

STREET/PO BOX CITY/TOWN AND PROVINCE POSTAL CODE

CONTACT NUMBERS: CELL: \_\_\_\_\_ HOME: \_\_\_\_\_ WORK: \_\_\_\_\_

EMAIL: \_\_\_\_\_ PARTICIPANT'S PERSONAL EMAIL IS REQUIRED.

**HAVE YOU ATTENDED PRAIRIE SCHOOL FOR UNION WOMEN IN THE PAST?**  Yes  No If yes, how many times? \_\_\_\_\_

### COURSE SELECTION

You will be registered in one course only, based on a first registered, first preference basis. Register early as seats are limited in each course:

- A. Guiding the Way: Reconciliation for Labour Leaders
- B. Resisting the Right
- C. Women Thinking of Retirement? We Need a Game Plan!
- D. Labour Community Advocate
- E. Occupational Health and Safety for Women
- F. Well Behaved Women (Seldom Make History)
- G. Building Strong, Inclusive Locals
- H. Union/Labour Basics

Please select your first, second and third course preferences by indicating your choice of the course letters below:

First: \_\_\_\_\_ Second: \_\_\_\_\_ Third: \_\_\_\_\_

### ACCESSIBILITY NEEDS AND DIETARY RESTRICTIONS

Do you have any accessibility needs or dietary restrictions?

Yes  No If yes, please specify:

If you require a computer or other electronic equipment, please contact your union as we are unable to provide this equipment.

### CHILDCARE

Do you require childcare onsite?  Yes  No

THE DEADLINE TO REQUEST CHILDCARE IS MAY 3, NO EXCEPTIONS.

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Please specify any accessibility needs or dietary restrictions:

\_\_\_\_\_

Total Amount Included for Childcare: \$ \_\_\_\_\_

\$500 for the first child and \$200 for each additional child.

Fees include meals, snacks and activities where costs are incurred.

PARENTS/GUARDIANS WILL BE CONTACTED AFTER MAY 3.

CHILDCARE FEES MUST BE INCLUDED IN REGISTRATION PAYMENT.

### MEALS, ACCOMMODATION AND TRANSPORTATION

Registration fees cover meals and accommodation as noted on Page 1 of this brochure in School Information. Transportation costs are the responsibility of the participant with the exception of parking which is included in the fees.

Indicate the name(s) of the participants you prefer to share a suite with. If you do not have a preference, leave blank and you will be assigned shared accommodation (in a two bedroom or four bedroom suite). I prefer to share accommodation with:

\_\_\_\_\_

IS YOUR UNION/LOCAL AFFILIATED TO YOUR PROVINCIAL/TERRITORIAL FEDERATION OF LABOUR?  Yes  No

### FEES AND DEADLINES (CHECK THE BOX THAT APPLIES):

#### Affiliates

Early Bird up to May 3: \$1,000  After May 3: \$1,100

#### Non-affiliates

Early Bird up to May 3: \$1,100  After May 3: \$1,200

### REFUND POLICY

Up to May 3: Full Refund

May 4 - May 31: Refund Minus \$100 Administration Fee

After May 31: No Refund

### CONFIRMATION OF REGISTRATION

Participants will be emailed an information package and confirmation of course registration in May. **Registration confirmation will not be emailed to participants until payment is received in full.**

### REGISTRATION AND PAYMENT

Registrations can be submitted by mailing the form with a cheque payable to the Saskatchewan Federation of Labour, 220, 2445 - 13<sup>th</sup> Avenue, Regina, SK S4P 0W1.

Registration forms can also be emailed to [event@sfl.sk.ca](mailto:event@sfl.sk.ca) with payment via etransfer to [payment@sfl.sk.ca](mailto:payment@sfl.sk.ca). Include 'PSUW Registration' in the memo line of the etransfer.

FULL PAYMENT MUST ACCOMPANY THE COMPLETED REGISTRATION FORM.

Office Use Only

Chq # \_\_\_\_\_

Amt \$ \_\_\_\_\_

Date Received \_\_\_\_\_