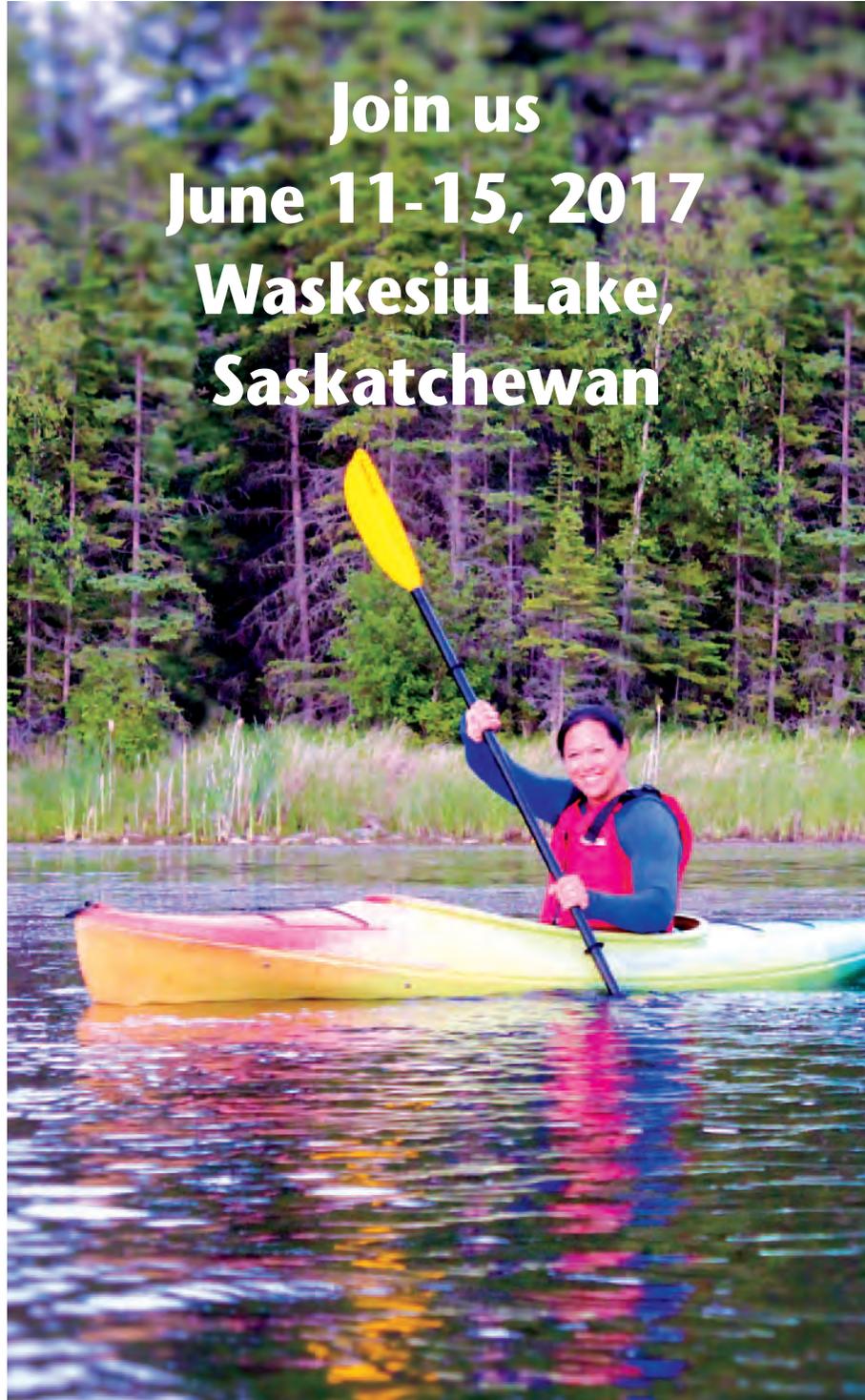


PRAIRIE SCHOOL

for union women



Join us
June 11-15, 2017
Waskesiu Lake,
Saskatchewan

Register by **April 28** to take advantage of the **early bird discount!**

2017 Prairie School for Union Women

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. The school provides on-site child care and is committed to child-friendly attitudes.

Who Can Attend?

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. Enrolment for the 2017 School is limited to 150. Participants will be registered on a first-come first-served basis. Your registration fee **MUST** accompany your registration form in order to qualify.

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: Aboriginal women, women with disabilities, visible minority women, lesbian/bisexual 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 www.sfl.ca. Contact the SFL office at 306-525-0197 for more information.



Courses are scheduled over the four days (22 hours).

Please select one course from the following options (also indicate your second and third choices).

Each course is limited to 15 participants.

Course Descriptions



Domestic Violence in the Workplace: Starting the Conversation

This course is designed to train union representatives in our workplaces to be able to respond to members who may be experiencing domestic violence. This may include stewards, health and safety representatives, staff or other workplace representatives.

After this course, you will ...

- gain a deeper understanding of the dynamics of domestic violence at work and the role of the union and employer in addressing it;
- learn ways to best support members who may be experiencing domestic violence, including how to recognize and respond to the warning signs and risk factors;
- start the conversation to build awareness about domestic violence at work among your membership;
- develop strategies that build support for collective bargaining and legislative initiatives; and
- learn about referrals and pathways to community based experts.



Women Speaking Up

Are you afraid of “speaking up” at meetings, speeches, public events or even one on one communication? Do you want to build your confidence and become a more effective leader?

In this workshop, you will learn to think quickly on your feet, find your voice, and communicate well in public. We’ll “talk it up” using microphones and “go live” in news conferences and interviews as we get our message out to the media.

From writing and delivering a speech to crafting a resolution, speaking to the media, or speaking up at the next union meeting or bargaining session, this is a special training opportunity you won’t want to miss.

After this course, you will understand ...

- why women in our society and even in our unions may not speak up.

You will feel ...

- more confident and assertive.

You will be able to ...

- overcome your fear and find your voice.



Union Women on Turtle Island

This course is for all trade union women who want to understand the issues Aboriginal women face in diverse working environments. Participants will explore the reasons for the invisibility of Aboriginal women in union structures and begin to develop strategies to encourage Sisterhood.

After this course, you will be able to ...

- act as agents for change; and
- “see” Aboriginal people with new eyes.

You will know ...

- how to work effectively in a diverse workplace; and
- how to challenge barriers to diversity, by exploring Aboriginal peoples’ culture and traditions, as well as contemporary issues they are facing.

You will feel ...

- challenged, but respected in an open, safe environment; and
- a true sense of personal power, and a strong base of knowledge, rather than the false and temporary feeling of power based on stereotypes.



Women in Leadership: Igniting the Spark

Women make the union strong! This course offers union women an opportunity to develop and enhance their leadership skills, find their voice and ignite the spark to take on further challenges. Course material will cover the key issues facing working women today and how unions can make a difference.

Participants will examine ideas around leadership, understand myths and the obstacles and challenges women leaders face. We will explore ways of building upon our own skills so we are prepared to consider running for new positions or to support other women running for office.

After this course, you will ...

- learn about and practice public speaking,
- discuss how women in leadership deal with conflict;
- examine communications and campaigning strategies to help further women’s economic and social equality; and
- break barriers and elect more women in leadership positions and in public office.



Solidarity, Activism, and Becoming an Ally for Equality!

Throughout history, women have always needed to organize for change, and as Union Sisters, 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 work spaces.**

In the Prairies, we work hard addressing barriers for all women on a daily basis, and this committed work has strengthened our roots in the women’s movement. Solidarity, diversity, inclusion, community organizing, and social activism are the tools we can use for mobilizing our diverse communities.

Together, we will work through the interactive course-work to identify these core values as they relate to our diverse communities in order to build a toolkit for creating change, and to identify the social structures and institutions that prevent full participation in our movement. We will collaborate, develop foundations for building solidarity in our Locals, and we will explore diversity positive programming techniques to create more inclusive and safer spaces in our communities.

In this course, we 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; and
- be ready to return to our communities to implement structures that empower all women in order to become an Ally for Equality!



First Steps – Union Basics for Women

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. We can't undo history however we can take control of our future by finding our place in the union.

In this course we will learn about all aspects of unions in a friendly, fun environment. Gain an understanding of how important women's issues can be advanced from the grassroots all the way to the bargaining table. We will learn practical skills for becoming a union activist including public speaking, resolutions-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; and
- experience increased confidence in your skills to be a leader in your union.

You will feel ...

- inspired to take your rightful place in the labour movement; and
- ready to take on the world!



Popular Education Skills for Union Women – Level 2

In this hands-on course, we'll discuss and practice popular education philosophy, methods and skills. Special emphasis will be put on involving union members from equity seeking groups in labour education and on addressing equity issues in the classroom. The course is designed for women who want to work towards facilitating courses in their unions or at future Prairie Schools.

After this course, you will know ...

- the principles of popular education and the spiral model.

You will be able to ...

- write objectives for, design and have experience co-facilitating a learning activity.

You will value ...

- the importance of integrating equity into union education, and know some practical ways of doing.





Changing Minds: Mental Health and Workplace Stress

This workshop develops an understanding of how workplace stress and other psychosocial hazards can affect us and how to deal with them. The workshop will help identify stressors that affect women such as job demands, job control, lack of support and violence/ bullying which result in a lack of work life balance. We will work on solutions and prevention strategies to reduce stress and eliminate psychosocial hazards.

In this course, we will ...

- challenge the myths around mental illness and the stigma attached to mental illness;
- learn about the role unions can play in making our workplaces and unions more inclusive of members with psychological disabilities;
- challenge workplace bullying and learn ways to identify and support members who are experiencing bullying and violence at work; and
- develop an action to take on systematic factors affecting mental health through advocacy, bargaining and political action.



Take Action – Plan for Your Retirement Now! You are Never Too Young to Start!

The sooner we start planning the more confident we will be that we can have a secure and healthy lifestyle, now while we are working, and in our retirement. What can we expect as we age? Will we have the same standard of living? Will we be prepared for all aspects related to aging? Do we know the questions to ask and where to seek the answers? This course is intended for all generations.

After this course, you will have ...

- planned for a healthy and secure life, before and after retirement;
- explored the issues that women face as we age;
- reflected on the retirement that you want and explored ways to prepare yourself;
- explored sources of income and financial planning;
- assessed the non-financial resources that you have, your creativity, spirituality, relationships;
- considered how to maintain your physical and psychological well-being; and
- realized you are never too young to think about preparing for retirement.



Conference Information

Accommodation: The School is in the resort of Waskesiu Lake located in Prince Albert National Park north of Prince Albert. We have access to a wide variety of cabins and hotel rooms all **based on double/limited triple occupancy**. Please list the names of sisters that you are willing to share with. Those that do not indicate a preference will be assigned shared accommodations with another sister. **Accommodation will be assigned based on receipt of paid registrations.** Organizers reserve the right to assign rooms based on the practical needs of the school.

Wellness: The school organizers have planned a variety of free time activities throughout the week to encourage you to nurture your body, mind and spirit. Since exercise, sisterhood, and relaxation are a part of that, there will be many planned activities such as nature hikes, water activities, a games night, etc. Come out and indulge yourself and rediscover your rhythm and voice at the Wednesday evening social.

Child Care: We are a child-friendly school! Childcare will be provided on-site to children aged 12 and under by qualified child care workers. This is **intended for mothers who have no alternate care available to them. Space is very limited** and only pre-registered children will be accepted at the school so please make your request **no later than April 28**. Children are welcome to attend social events at the school. All mothers requesting child care will be contacted prior to the school.

Meals: Please note on the registration form any **special dietary needs** you have so that we can provide advance notice to the caterers.

SFL registration fee includes breakfast and lunch Monday to Thursday and dinner for Sunday and Monday evening as well as a banquet on Wednesday evening. **Note:** Only Tuesday dinner is not included in the price.

Transportation: For women arriving by air into Saskatoon, and **Saskatoon and area women**, we offer a charter bus (return trip) for the **additional cost of \$100**. Please include **\$100** with your registration fee (see "Transportation" section on conference registration form for details).

In celebration of Canada's 150th Birthday, there is no charge to enter the National Parks this year. For your convenience, a Parks Canada 2017 Discovery Pass will be included in all delegate confirmation packages in May.

Refund Policy:

- up to April 28: full refund
- April 28 to June 2: refund minus \$100 admin fee
- after June 2: no refund

Confirmation: Participants will be sent an information package in May confirming registration and providing a map and more detailed information.

Union Shop: Attractive union wear and products (including Prairie School memorabilia) will be for sale at the school.



This brochure is also available on the SFL's web site: www.sfl.sk.ca

CONFERENCE SCHEDULE

Sunday, June 11

Registration	3:00 – 5:00 p.m.
Supper	6:00 – 7:00 p.m.
Opening Session	7:00 – 9:00 p.m.

Monday, June 12

Plenary Session	8:30 – 9:15 a.m.
Courses Begin	

Tuesday, June 13

Plenary Session	8:30 – 9:15 a.m.
Courses Continue	

Wednesday, June 14

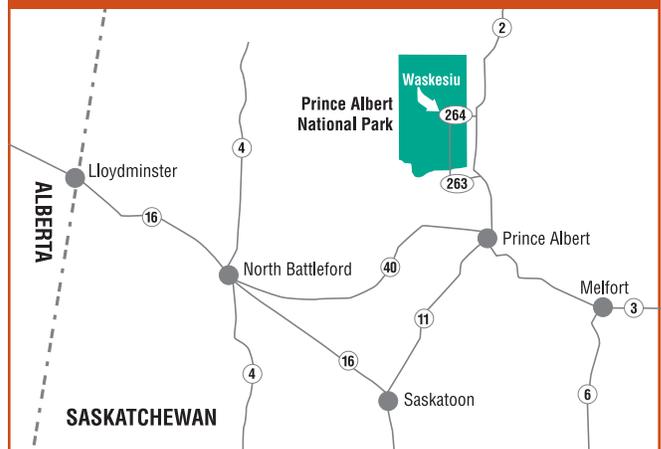
Plenary Session	8:30 – 9:15 a.m.
Courses Continue	
Evening Banquet	

Thursday, June 15

Courses Continue	8:30 a.m.
Closing Plenary	(approximately) 12:30 p.m.

Please make flight arrangements out of Saskatoon **no earlier than 5:00 p.m.**

www.waskesiuLake.ca



Conference Registration

PLEASE PRINT CLEARLY

Union _____ Local _____

Name _____

Address _____

City/Town _____

Province _____ Postal Code _____

Phone (h/c)(____) _____ (w)(____) _____

Email _____

(important for information sharing)

Occupation _____

Number of PSUW conferences attended? _____

Child Care

Do you require child care on site? Yes No
(DEADLINE is April 28, no exceptions. Must accompany completed paid registration.) Space is limited.

Number of children: _____ girls _____ boys

Names/ages: _____

Do they have any special needs? (specify)

Accommodation

(double/limited triple occupancy)

I prefer to share with (name of other person(s)):

Transportation from Airport

Return trip to Waskesiu Lake will be provided for women arriving by air (no later than 2:00 p.m.) for \$100.

I will arrive on flight # _____ Time: _____

From (city) _____

I will need bus transportation from Saskatoon to Waskesiu Lake Yes No

If checked yes — please include \$100 with your registration fee.

Special Needs

Do you have any special access, mobility, or other health needs? Yes No

Do you have any special dietary needs? Yes No

If yes, please specify:

(*Note: PSUW involves lots of walking.)

We will do our best to accommodate any restrictions. However, due to the number of people involved and resources available, we cannot cater to dietary preferences.

Course Selection

We do our best to ensure you are enrolled in the course of your choice. However, each course enrolment is limited and registration will be on a first-come first-served basis. Please include your second and third choices! Indicate the course letter in the blanks below.

First: _____

Second: _____ Third: _____

PSUW Registration Fees

Is your union/local affiliated to your provincial/territorial federation of labour? Yes No

Early bird registration received by April 28, 2017.
(Cheque must accompany completed registration form to qualify. No exceptions.)

This package includes four nights accommodation at Waskesiu Lake and meals as outlined under the Meals heading in this brochure.

Affiliates: by April 28: \$850

after April 28: \$1,000

Non-affiliates: by April 28: \$1,000

after April 28: \$1,150

Note: If taking bus out of Saskatoon please include additional \$100 with registration fee.

Make cheque payable to SFL

Mail a copy of completed form and cheque to:

Saskatchewan Federation of Labour
220 – 2445 13th Avenue, Regina, SK S4P 0W1

Phone: (306) 525-0197

Fax: (306) 525-8960

E-mail: d.lussier@sfl.sk.ca

Office Use Only

Chq # _____

Amt \$ _____

Date Received _____