



Northern Ontario CUPE Conference August 21-24, 2024

FIRST CALL NOTICE!

Registration starts at 8am on August 21, 2024
Conference ends at 12pm (noon) on August 24, 2024

Valhalla Hotel & Conference Centre

1 Valhalla Inn Road, Thunder Bay

Hotel Guest Room Fee: \$209 - \$239

Hotel room rate is subject to tax and fee per room.

Guest room reservations are to be made through W.E Union Travel by July 18, 2024

Phone: 1(833) 778-9669

[Mention **NOCC** when booking your room(s)]

Guestroom booking link: www.weuniontravel.ca

WE Union Travel can also assist with booking transportation (flights, trains etc.)

Please call 1(877) 237-9328

Registration Fee:

*On-line registration will be closed 5 business days prior to the Conference

Affiliates:	\$350.00 (\$400 after cut-off date on July, 21, 2024)
Non-Affiliates:	\$450.00 (\$500 after cut-off date on July, 21, 2024)

If you require French translation, ASL interpretation, childcare services, or any other accessibility accommodations, please submit your request by filing out the access request form by July 21, 2024.
(The link to the access request form can be found in your confirmation email.)

[Click HERE to Register](#)

***No refunds or cancellations will be available after August 12, 2024**

WORKSHOPS

IMPORTANT NOTICE:

Workshops are scheduled for the entire day on Friday, Aug 23rd. You will be able to select two workshops, one in the morning and one in the afternoon. A registration link for the workshops will be sent to each delegate's email, after they've been registered.

Morning Session 9:00am – 12:00pm

- **LET - Conflict-Ready Executives**
 - The value of conflict for effective groups
 - How our beliefs about conflict shape how we respond
 - The kinds of conflict executives struggle with
 - Productive ways to resolve conflict on an executive
- **SLS - Understanding Mental Health**
 - Explore the steward's role in supporting and representing members dealing with mental health issues. Learn how to challenge stigma, and how to approach a conversation with a member about a possible mental health issue.
- **Anti-Harassment and Bystander Training**
 - When we are disrespected in our union, or when harm, harassment, and discrimination happen we are unsafe. We would not accept it from our supervisors and managers at work, and it is not ok in our union space. When we witness others being harmed, oppressed or injured, we can intervene in safe and effective ways before, during, or after a harassing or violent situation.

Afternoon Session 1:30pm – 4:30pm

- **LET - Duty of Fair Representation**
 - Learn about your local's duty to represent the members in your union, the legal requirements of fair representation and how it applies to your collective agreement and other laws covering your workplace.
- **SLS - HS - Preventing Mental Injuries at Work**
(This replaced SLS - Psychologically Safe Workplaces)
 - New forms of work, job insecurity, work intensification, high demands, violence and a resulting poor work-life balance are resulting in psychosocial and mental health problems in CUPE workplaces. This module focuses on the workplace as the cause or a contributor to mental health issues, and not the individual. Discuss strategies and actions that actually help make workplaces psychologically healthier and safer.
- **HS - Workload and Overwork**
 - As employers pull back resources, they expect workers to do more with less. This module will examine workload, the cause and effects of overwork, and strategies to overcome the ever increasing workload that is damaging not just our health at work, but the relationship we have outside of work.
 - NOTE: Please bring your binder and Health and Safety Committee Resource Kit.