

# NORTHERN SCHOOL – MARCH 29 & 30, 2026

## HOLIDAY INN SUDBURY – 1696 REGENT STREET

### WORKSHOP DESCRIPTIONS & FEES

#### **WSIB – LEVEL 1 RIGHT AND OBLIGATIONS**

**FEE: \$220**

2-day workshop: Sun. 9am – 5pm | Mon. 9am – 5pm

The first of six core certification courses offered within Prevention Link's disability prevention curriculum. This introductory course begins by exploring the history of Ontario's compensation system and the development of legislation and the general principles of the system.

Participants learn the basics of a disability prevention framework, including:

- Types of workplace injuries and occupational illnesses.
- The legal tests applied by the Workplace Safety and Insurance Board (WSIB) when considering entitlement.
- The method to report an injury.
- The steps to initiate a claim.
- Reporting strategies, including time limits and potential penalties.

#### **MENTAL HEALTH FIRST AID**

**FEE: \$220**

2-day workshop: Sun. 9am – 5pm | Mon. 9am – 5pm

Mental Health First Aid (MHFA) is offered to someone with an emerging mental health or substance use problem or in crisis - until appropriate treatment is found, or the situation resolves. An evidence-based course, MHFA has been proven to give participants:

- the tools to recognize signs of decline in mental well-being.
- the ability to talk about their mental health.
- the knowledge to discuss professional and other supports that could help with recovery or improved mental well-being.
- the confidence to reach out to these supports.
- the tools to assist during a mental health or substance use crisis, and.
- the knowledge to use MHFA actions to maintain one's own mental wellness.

#### **STEWARD LEARNING SERIES**

**FEE: \$220**

1.5-day workshop: Sun. 1:30pm – 5pm | Mon. 9am – 5pm

##### **A. Challenging Racism in the Workplace**

This workshop covers what racism looks like in the workplace, and your role as a steward in challenging it.

##### **B. Reconcili-ACTION**

In this workshop we will look at Canada's history of settler colonialism, explore how to recognize and challenge racism against Indigenous members, and discuss how we can leverage our power as union activists to advance reconciliation and Indigenous cultural safety in our workplaces and locals.

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### NO CANCELLATION OR REFUND AFTER MARCH 21, 2026

After February 28, 2026, a \$50 late fee per registrant applies.  
Additional surcharge of \$150 per registrant for non-affiliates to  
CUPE Ontario applies.

All payment must be received by March 29, 2026,  
otherwise, a \$100 late payment fee will apply to each delegate.

On-line registration close on March 21, 2026.

\*\*\* There is no waitlist available\*\*\*

### HOTEL RESERVATIONS INFO:

Locals are asked to make ALL HOTEL RESERVATIONS through W.E. Travel by February 26, 2026.

Booking Link: <https://weuniontravel.ca/> OR

at **1-888-676-7747** (toll free) [Mention **NOCC 2026** when booking your room(s)].

**Guestroom Rate: \$189.00 plus taxes, fees, and levies.**

If you require any special accommodation needs, please inform W.E. Union Travel of your request upon booking your room(s). Should you have any questions concerning your reservation, please email to [events@weuniontravel.ca](mailto:events@weuniontravel.ca).

### REGISTRATION STEPS:

#### ALL REGISTRATIONS MUST BE DONE BY A LOCAL'S EXECUTIVE.

- Visit the CUPE Ontario website at <https://cupe.on.ca/event-registration-northern-school-2026/>
- Review important information, check the workshop descriptions and availability, and scroll to the bottom to fill out the registration form.
- It is important to enter all contact information for each person you are registering, including their email address — members will be contacted in case of course changes.
- Continue entering all required information.
- If you are unable to register on-line, please contact Winnie Lau. Email: [wlau@cupe.on.ca](mailto:wlau@cupe.on.ca)

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### IMPORTANT INFORMATION :

- Class sizes are limited, and registration is on a first-come, first-served basis.
- There is no waitlist available.
- Attendees can only register for **ONE** workshop
- Classes are only offered in English (unless otherwise stated)
- Payment can be made by credit card at registration link or by cheque (**payable to CUPE Ontario – please include Northern School 2026** on cheque memo line).
- Registration fees must be paid prior to the course start time. A late payment fee of \$100 per person will apply for payments received after this deadline.
- \$5 of the course fees will go towards the Bev Smale Scholarship Fund
- A surcharge of \$150 per registrant applies for all non-affiliates of CUPE Ontario
- **After February 28, 2026, a late fee of \$50 per registrant applies.**
- **No refunds or cancellations after March 21, 2026**
- Delegate will receive an email from CUPE Ontario of your classroom location 3-5 days prior to start date
- **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 February 28, 2026 (The link to the access request form can be found in your confirmation email.)**