



# PRAIRIE SCHOOL

*for union women*

**Join us June 10-14, 2018**  
**Waskesiu Lake, Saskatchewan**



**Register by April 27 to take advantage of the early bird discount!**



# 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.

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 2018 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/trans 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](http://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 18 participants.**

# Course Descriptions



## 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.



## 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.



## Igniting the Spark: Women as Leaders

Women make the world a better place! Perhaps you have considered running for a higher position in your union or even a municipal, provincial or federal campaign — this course offers union women an opportunity to find their voice and ignite the spark to take on further challenges.

Participants will examine ideas around leadership, unpack myths, and understand the obstacles and challenges women leaders face. We will examine the role of power, oppression, and socialization in our society, unions, communities, and governments. We will explore ways of building skills to be prepared to

consider running for new positions, or to support other women running for office.

*In this course, you will ...*

- know more about tools and skills to best communicate and frame your message;
- learn about and practice public speaking;
- know some of the real challenges women candidates face and discover ways to balance these challenges in the face of high stress campaigns;
- discuss how women in leadership deal with conflict;
- examine communications and campaigning strategies to help further women’s economic and social equality; and
- learn how to break barriers and elect more women in leadership positions and in public office.



## 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. You will also 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, 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; 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.



## 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 coursework to identify these core values as they relate to our diverse communities in order to build a toolkit for creating change, to identify the social structures and institutions that prevent full participation in our movement, to identify the link between oppression and class struggles, and to explore how talking about human rights issues strengthens our unions. 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, you will ...*

- explore the foundations of solidarity, human rights, 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 to becoming Allies for Equality!



## Health and Safety Activism & Your Mental and Physical Health

Healthy and safe workplaces are a basic right. This workshop 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 workshop 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.

### *In this course, you will ...*

- learn the roles and responsibilities of unions, employers and workers for healthy and safe workplaces;
- debunk the myth of 'worker carelessness' and deal with related 'blame the worker' attitudes;
- challenge health and safety issues that include racism, harassment and discrimination;
- learn about health and safety concerns that women face and sample strategies that deal with them;
- develop an action to take on systematic factors affecting mental health through advocacy, bargaining and political action;
- be more confident to discuss safety hazards and find solutions to make our workplaces safer for our mental and physical health; and
- challenge the myths around mental illness and the stigma attached to mental illness.



## Building Confidence and Celebrating Who You Are

Are you struggling to identify causes of stress in yourself and others? Are you struggling with how to manage conflict more effectively? Are you challenged in how to communicate effectively with those who are opposites? Is harassment affecting your self-esteem?

If you have answered YES to any of these questions, then this course is for you! By understanding yourself better you will have confidence in understanding and responding to external issues.

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

- enhance your self esteem;
- develop an appreciation for each other's unique strengths and qualities;
- develop respect towards those whose behaviours are viewed as irritants;
- communicate more effectively with others who are opposites;
- identify stressors of self and others and how to deal with them;
- understand the behaviours of others in order to resolve conflict; and
- identify the elements of what makes a team work.

This workshop is highly participatory and entertaining! It is a workshop that is positive in every sense and can be applied to all facets of life from your workplace to your personal life.



## A Journey to Empower Union Women

Are you a woman with passion and motivation? Do you want to help build a stronger union? Are you interested in taking on more of a leadership role in your union or community? Would you like to know more about tools and skills that can help foster the movement for social change?

If you answered YES to any of these questions, this course is for you!

***After this course, you will know ...***

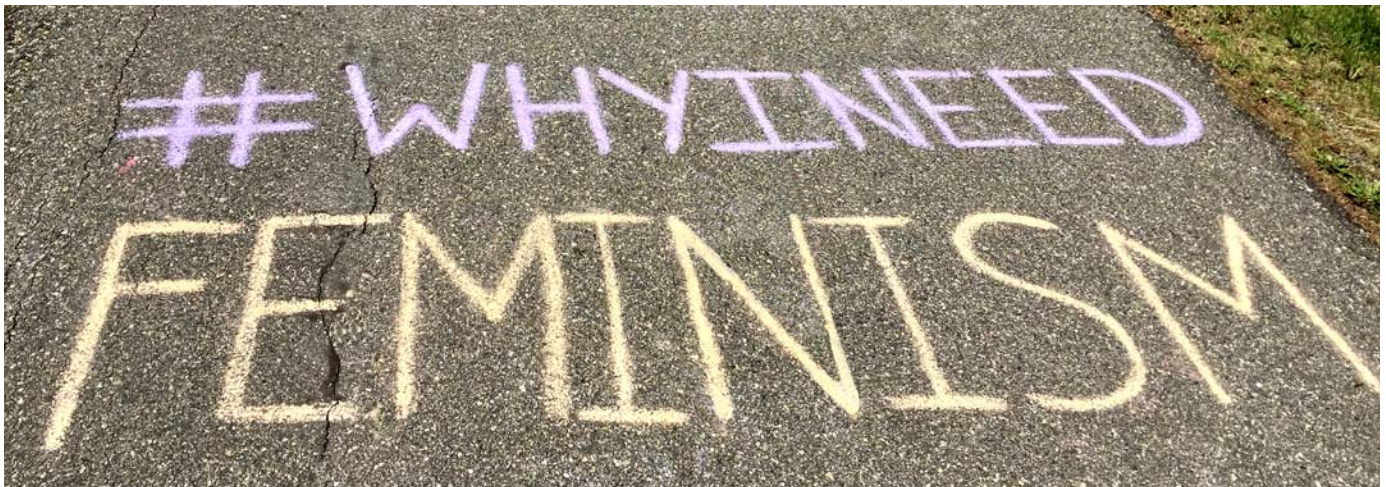
- more about the challenges facing workers in Canada;
- how to engage other union members in meaningful conversations; and
- more about formal and informal leadership opportunities in your union.

***You will feel ...***

- a connection with other activists;
- motivated to increase women's involvement in their unions; and
- more confident about taking on a leadership role within your union.

***You will be able to ...***

- speak up about issues that are important to working women;
- identify different types of mobilizing tools and when to use them; and
- take actions that contribute to women's empowerment.





# 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 parents/guardians 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 27**. Children are welcome to attend social events at the school. All parents/guardians requesting child care will be contacted prior to the school.

**New for 2018:** Participants with children in childcare **ages 6-12 – \$500**. Fee includes accommodation, meals, snacks and other activities where costs are incurred. Additional child (6-12) – **\$200**.

Children **age 5 and under – no charge**.

**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 \$125**. Please include **\$125** with your registration fee (see "Transportation" section on conference registration form for details).

A **park fee will be charged** for each vehicle entering the Prince Albert National Park. This fee is the responsibility of the local. We encourage women to car pool.

## Refund Policy:

- up to April 27: full refund
- April 27 to June 1: refund minus \$100 admin fee
- after June 1: 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.

## 2018 PRAIRIE SCHOOL FOR UNION WOMEN

### Conference Schedule

#### Sunday, June 10

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

#### Monday, June 11

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

#### Tuesday, June 12

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

#### Wednesday, June 13

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

#### Thursday, June 14

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.**



This brochure is also available  
on the SFL's web site:  
[www.sfl.sk.ca](http://www.sfl.sk.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 27, no exceptions.)**

Must accompany completed paid registration.)

Space is limited.

Number of children: \_\_\_\_\_ gender \_\_\_\_\_

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 and the four-day park entrance fee will be provided for women arriving by air (no later than 2:00 p.m.) for \$125.

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 \$125** 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 27, 2018.**

**(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 27: \$950

☐ after April 27: \$1,100

Non-affiliates: ☐ by April 27: \$1,100

☐ after April 27: \$1,250

**Note: If taking bus out of Saskatoon please include additional \$125 with registration fee.**

## Make cheque payable to SFL

Mail completed form and cheque to:

Saskatchewan Federation of Labour  
220 – 2445 13<sup>th</sup> Ave., 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 \_\_\_\_\_