



2026 Fall–Winter Education Calendar



Winnipeg		
September 14-15, 2026 9:00 am – 4:00 pm each day Registration deadline: Sep. 3, 2026	NEW STEWARDS PROGRAM • Introduction to Stewarding • Introduction to Allyship	CUPE Manitoba Regional Office Training Centre 703-275 Broadway
September 21-22, 2026 9:00 am – 4:00 pm each day Registration deadline: Sep. 15, 2026	RECORDING SECRETARIES • Recording Secretaries • Duty of Fair Representation	CUPE Manitoba Regional Office Training Centre 703-275 Broadway
September 23, 2026 9:00 am – 4:00 pm Registration deadline: Sep. 17, 2026	ANTI-RACIST CUPE (ARC) • Introduction to Anti-Racist CUPE	CUPE Manitoba Regional Office Training Centre 703-275 Broadway
September 24, 2026 9:00 am – 4:00 pm Registration deadline: Sep. 19, 2026	ANTI-RACIST CUPE (ARC) • Ubuntu – Taking Action to Address Anti-Black Racism in Union Spaces • Challenging Anti-Asian Racism	CUPE Manitoba Regional Office Training Centre 703-275 Broadway
October 20-21, 2026 9:00 am – 4:00 pm Registration deadline: Oct. 15, 2026	BUILDING SKILLS TO SUPPORT MENTAL HEALTH • Understanding Mental Health • Supporting Members with Mental Health in Attendance Management	CUPE Manitoba Regional Office Training Centre 703-275 Broadway
October 27-28, 2026 9:00 am – 4:00 pm each day Registration deadline: Oct. 22, 2026	ANTI-RACIST CUPE (ARC) • Solidarity with Workers in Palestine – Part 1: Getting Informed • Solidarity with Workers in Palestine – Part 2: Getting Organized	CUPE Manitoba Regional Office Training Centre 703-275 Broadway
November 9, 2026 9:00 am – 4:00 pm Registration deadline: Nov. 4, 2026	BUILD YOUR CONFLICT SKILLS • Conflict at Work	CUPE Manitoba Regional Office Training Centre 703-275 Broadway
November 10, 2026 9:00 am – 4:00 pm Registration deadline: Nov. 4, 2026	STEWARDS LEARNING SERIES AND LOCAL EXECUTIVE TRAINING • Literacy Awareness • Writing Clinic for Union Leaders	CUPE Manitoba Regional Office Training Centre 703-275 Broadway

December 3-4, 2026 9:00 am – 4:00 pm each day <i>It is recommended for members to register for both sessions.</i> Registration deadline: Nov. 30, 2026	LOCAL EXECUTIVE TRAINING - Leading as a Team - Parliamentary Procedure	CUPE Manitoba Regional Office Training Centre 703-275 Broadway
December 10, 2026 9:00 am – 4:00 pm Registration deadline: Dec. 6, 2026	CLIMATE JUSTICE (PILOT)	CUPE Manitoba Regional Office Training Centre 703-275 Broadway
December 16-17, 2026 9:00 am – 4:00 pm each day Registration deadline: Dec. 11, 2026	HEALTH AND SAFETY LEARNING SERIES - Health and Safety – An Introduction - Violence Prevention - Mobilizing Around Health and Safety	CUPE Manitoba Regional Office Training Centre 703-275 Broadway

Brandon

August 25-26, 2026 9:00 am – 4:00 pm each day <i>It is recommended for members to register for both sessions</i> Registration deadline: Aug. 20, 2026	NEW STEWARDS PROGRAM - Introduction to Stewarding - Representing Members in Front of Management - Leading as a Team	CUPE Brandon Area Office 1911 Park Avenue Brandon
October 22-23, 2026 9:00 am – 4:00 pm each day <i>It is recommended for members to register for both sessions</i> Registration deadline: Oct. 19, 2026	BUILDING SKILLS TO SUPPORT MENTAL HEALTH - Understanding Mental Health - Supporting Members with Mental Health in Attendance Management	CUPE Brandon Area Office 1911 Park Avenue Brandon

Flin Flon

September 16-18, 2026 Wed-Thurs: 9:00 am – 4:00 pm Fri: 9:00 am – 3:30 pm Registration deadline: Aug. 27, 2026	NORTHERN SCHOOL – see brochure	Victoria Inn Flin Flon 160 Provincial Trunk Hwy #10
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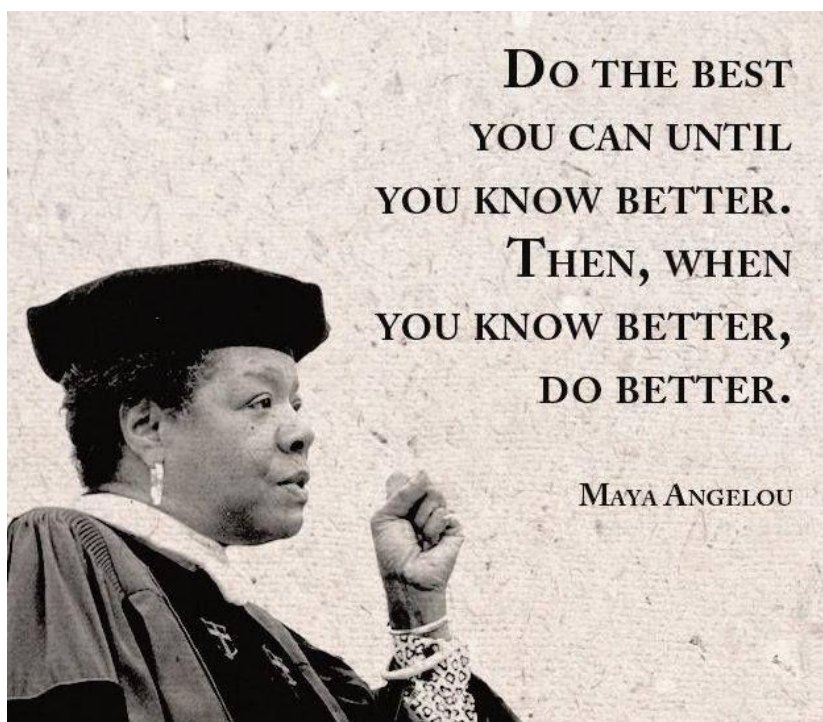
Online via Zoom

August 18, 2026 5:00 pm – 8:00 pm Registration deadline: Aug. 16, 2026	STEWARD LEARNING SERIES Duty of Fair Representation	Online via Zoom
August 19, 2026 5:00 pm – 8:00 pm Registration deadline: Aug. 16, 2026	LOCAL EXECUTIVE TRAINING Leading as a Team	Online via Zoom
September 8, 2026 5:00 pm – 9:00 pm Registration deadline: Sep. 3, 2026	LOCAL EXECUTIVE TRAINING Secretary-Treasurer Orientation (3-hour workshop plus 1-hour optional clinic time)	Online via Zoom
September 9, 2026 5:00 pm – 8:00 pm Registration deadline: Sep. 3, 2026	LOCAL EXECUTIVE TRAINING Trustee Orientation	Online via Zoom

October 20-21, 2026 5:00 pm – 8:00 pm each evening Registration deadline: Oct. 16, 2026	STEWARD LEARNING SERIES • Introduction to Stewarding – Part 1 • Introduction to Stewarding – Part 2	Online via Zoom
October 27, 2026 5:00 pm – 8:00 pm Registration deadline: Oct. 22, 2026	ANTI-RACIST CUPE (ARC) • Introduction to Allyship	Online via Zoom
October 28, 2026 5:00 pm – 8:00 pm Registration deadline: Oct. 22, 2026	ANTI-RACIST CUPE (ARC) • Challenging Racism	Online via Zoom
November 4-5, 2026 5:00 pm – 8:00 pm each evening Registration deadline: Nov. 1, 2026	HEALTH AND SAFETY LEARNING SERIES • Health and Safety – An Introduction – Part 1 • Health and Safety – An Introduction – Part 2	Online via Zoom
December 15-16, 2026 5:00 pm – 8:00 pm each evening Registration deadline: Dec. 13, 2026	STEWARD LEARNING SERIES • Introduction to Stewarding – Part 1 • Introduction to Stewarding – Part 2	Online via Zoom

If you would like to attend only selected sessions of the recommended multi-day workshop, please email mbeducation@cupe.ca to make the necessary arrangements.

* Please note that workshop location may change, check www.cupe.ca for updates.





For further information to arrange other courses for your Local, contact:

Liz Carlyle
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Winnipeg, MB R3C 4M6

Ph.: 204-942-0343 Toll-free: 1-800-552-CUPE (2873) Fax: 204-956-7071 Email: ecarlyle@cupe.ca

This calendar is also available on the CUPE Manitoba's website: www.cupe.mb.ca

Registration must be completed online on the CUPE National website: <https://cupe.ca/unioneducation>

Please post this calendar at your worksite(s) and share this information with your members.

FREE online workshops for CUPE Manitoba members. Participants must have access to a computer, internet, and Zoom capability. Please ensure that members provide an email address as the Zoom Meeting ID will be provided via email.

WORKSHOP INFORMATION

Challenging Racism (OLS)

This online workshop covers what racism looks like in our society and in our union, and your role in challenging it.

NOTE: Participation in this online workshop qualifies a stamp in the passport for the Steward Learning Series (SLS) for Challenging Racism in the Workplace.

Challenging Anti-Asian Racism

Anti-Asian racism has been a reality in Canada since the first workers of Asian descent arrived in 1788. In this workshop, we will uncover some of that history, including Asian Canadians' contributions to the labour movement. We will identify what anti-Asian racism looks like today and discuss what we can do about it as union activists.

Climate Justice

With the changing climate, natural disasters are becoming more severe and more frequent. We know that these natural disasters impact CUPE members in every sector of work. We also know that discrimination and environmental racism can amplify the impacts of these severe weather events.

As we face the uncertainties of a changing climate, this workshop will equip members with the knowledge, skills and tool to understand and tackle the impacts and the causes of climate change and environmental racism.

Conflict at Work

Conflict is a natural part of our lives. Learning to handle it well improves relationships at work and in other parts of our lives.

In this workshop, you will:

- deepen your understanding of conflict
- learn how to identify the issues and find the right solutions
- strengthen your conflict communication skills

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.

Duty of Fair Representation (OLS)

In this online workshop, you will 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.

NOTE: Stewards who have completed the Introduction to Stewarding module can receive a stamp in their passport after completing this workshop.

Health and Safety – An Introduction – Parts 1 & 2 (OLS)

This 2-part online workshop serves as an introduction into the world of health and safety and explores different basic concepts such as the:

- identification of hazards;
- hierarchy of controls;
- basic role of health and safety committees;
- basics on the right to refuse.

NOTE: Once both parts are completed, you will have fulfilled the pre-requisite to register for all other workshops in the Health and Safety Learning Series.

Introduction to Allyship

Participants will learn how to build a practice of allyship in their personal lives as well as in their locals, workplaces and communities. Learners will explore definitions, principles and applications of good allyship, and discuss related topics like white supremacy, privilege, comfort zones and strategies for collective action.

Introduction to Anti-Racist CUPE (ARC)

Unions are strongest when every worker is valued, included, and empowered. This interactive workshop is your introduction to building an anti-racist union – one where solidarity means standing up for all members. Through engaging discussions and real-world examples, we'll explore key concepts, challenge biases, and develop the skills needed to create a more inclusive and powerful labour movement.

This workshop is an introduction to building an anti-racist union. It is part of a wider program of anti-racism workshops from CUPE Education. This intro workshop introduces some core ideas, concepts and skills that are carried through the other workshops and resources.

Introduction to Stewarding

What does a CUPE steward do? If you are a new steward and want to learn how to help CUPE members solve workplace problems, this introductory workshop is for you!

In this workshop, you will learn:

- investigating workplace problems;
- filing a grievance
- meeting with management;
- dealing with workplace complaints.

NOTE: Please bring a copy of your Collective Agreement to the workshop.

Introduction to Stewarding – Parts 1 & 2 (OLS)

What does a CUPE steward do? If you are a new steward and want to learn how to help CUPE members solve workplace problems, this introductory online workshop is for you!

NOTE: You will receive the Introduction to Stewarding stamp on your passport when you have completed both Part 1 & 2.

Leading as a Team

In this workshop, executive teams explore power and responsibility that come with it, how we work in teams and how to balance our leadership styles to engage the membership and work effectively across diversity.

Literacy Awareness

Literacy affects all of us at work. Learning new computer programs, understanding collective agreements, completing forms, or writing reports can all pose barriers for our members. Learn about how stewards can increase literacy awareness, and help make the union inclusive and accessible to members.

Mobilizing around Health and Safety

In this workshop you will learn what mobilizing for health and safety looks like, how to engage emembers around health and safety in your workplace and how to create a mobilizing plan.

NOTE: Please bring your Health and Safety Committee Resouce Kit.

Parliamentary Procedure

This workshop is about following rules of order when chairing union meetings. Learn about the role of the chair and the different elements (motions, amendments, points of order, etc.). Get a chance to put the learning into practice.

NOTE: Please bring a copy of your local bylaws to the workshop.

Recording Secretaries

Recording Secretaries play a vital role in keeping local unions strong.

Learn how to:

- take clear and accurate meeting minutes;
- organize files;
- process and write correspondence; and
- communicate effectively with members.

NOTE: Please bring your local bylaws, sample meeting notices, sample membership meeting minutes, and a laptop or tablet (if you have one) to the workshop.

Representing Members in Front of Management

This module equips stewards to be proactive when meeting with management. Learn tips for effective meetings, and build confidence by practicing meeting situations.

Secretary-Treasurer Orientation (OLS)

This online workshop will help newly-elected treasurers learn about the basics of the local union's finances. You will learn about your duties regarding the finances of the union, keeping the books, and how to be transparent and accountable to members.

Solidarity with Workers in Palestine Parts 1 & 2

This workshop covers:

- Essential background of Palestinian history, politics, and the situation today
- The reality of settler colonialism
- The apartheid nature of the Israeli state
- Labour conditions for Palestinians
- Narrative and media bias
- CUPE's history of advocacy for Palestinian rights
- How your local union can take action and organize in solidarity

Supporting Member with Mental Health in Attendance Management

This special session includes a review of attendance management programs and how to support members with attendance issues relating to addictions and mental health.

Trustee Orientation (OLS)

This online workshop will help new trustees understand their role and responsibilities. You will leave the workshop with a better understanding of union finances, financial controls, and financial terms as well as the basics of the trustees' audit.

Ubuntu – Taking Action to Address Anti-Black Racism in Union Spaces

Ubuntu means "*I am because we are*". It reminds us that our wellbeing is connected, and that we are responsible for one another. In unions, Ubuntu asks us to move beyond good intentions and take real action to support Black workers.

This interactive workshop helps participants look at how anti-Black racism shows up in union spaces – through policies, practices, and everyday interactions – and what we can do to change it together.

Using discussion, small-group activities, and shared reflection, participants will:

- Explore how anti-Black racism affects Black workers in unions
- Talk honestly about power, decision making, and exclusion
- Learn how racism connects to work, labour history, and fairness on the job
- Practice using Ubuntu as a way to build accountability, care, and solidarity
- Identify concrete actions they can take in their locals, committees, or workplaces

This session is practical, welcoming, and grounded in lived experience. Participants will leave with clear next steps and a shared understanding of how unions can become stronger, more inclusive spaces where Black workers are respected, supported, and able to thrive.

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.

Violence Prevention

This module examines the risk factors that lead to violence in the workplace, and the employer's obligations to prevent workers from being exposed to and injured by violence while at work. We examine relevant health and safety law, and start to develop strategies to make our workplaces safer.

NOTE: Please bring your Health and Safety Committee Resource Kit.

Writing Clinic for Union Leaders

Have you ever started to write a grievance, resolution, update or newsletter and gotten stuck? Have you tried artificial intelligence (AI) tools to write something, and found it sounds vague or doesn't really get the message across? From tools to convey a clear message, to templates and other writing shortcuts, this special session will help you build skills for union writing. Bring your writing projects to get hands-on support: during the sessions, you will apply the tools you will be learning.

NOTE: Please bring any union writing projects you would like to work on, in paper format or on a device you bring along (laptop, tablet, cell phone)..



GENERAL INFORMATION

- **Registration is FREE for all workshop, unless otherwise specified.** Locals are responsible for other costs such as union leave time, mileage, and parking.
- **Registration must be completed online on the CUPE National website:** <https://cupe.ca/unioneducation>. Simply click on the **Union Education** tab at the top of the web page and select **Manitoba** to view a list of available courses in our region.
- **Many workshops fill up quickly – register early to avoid disappointment!**
- **Registrations must be received by the registration deadline indicated for each workshop.** An inadequate number of registrations will result in cancellation of the workshop.
- **Participants will be notified of workshop confirmations/cancellations following the registration deadline.**
- **In registering for any workshops, it is understood that you agree to comply with the protocols we establish to prevent the spread of COVID.** CUPE reserves the right to deny admittance to or remove, any attendee who does not follow CUPE pandemic protocols that may be in place.
- **In response to the health concerns of our members and staff, CUPE has implemented a Scent-Free Policy at all our events.** Scented products such as hair spray, perfume, and deodorant can trigger reactions such as respiratory distress and headaches. Facilitators and participants are asked to refrain from using scented products while attending our workshops. Thank you for your cooperation.

PARKING

Please see the following diagram of the Union Centre Parkade on Smith Street where a limited number of casual parking spaces may be available for participants attending union schools. These are available on a first-come, first-served basis.

CASUAL PARKING FOR UNION SCHOOL

