

PRAIRIE SCHOOL FOR UNION WOMEN

June 8-12, 2025

University of
Regina





School Information

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.

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. This year, the school will be held in person in Regina from June 8 – 12 at the University of Regina, Education Building, Main Campus, 3919 University Drive South.

Enrollment for the school is limited and courses are filled on a first-registered, first-preference basis. **Your registration fee must accompany your registration form in order to qualify. Register early as seats are limited in each course!** We will do our best to register you in your preferred course.

Meals, Accommodation and Transportation

Registration fees include supper on Sunday, breakfast, lunch and supper on Monday, Tuesday and Wednesday, and breakfast on Thursday. Any other meals are the participant's responsibility.

Fees also include accommodation at the University of Regina and you will be situated in a two bedroom or four bedroom suite on campus. Upon completing the registration form, indicate the name(s) of the participants you prefer to share a suite with. If you do not have a preference, please leave this area of the form blank and you will be assigned shared accommodation. Assignments are based on receipt of paid registrations and the SFL reserves the right to assign accommodation.

The cost of parking on campus is included in the registration fee and transportation costs are the responsibility of the participant. Do not book flights out of Regina earlier than 2:00 pm if possible.

Childcare

Childcare may be provided onsite to children 12 years of age and under by qualified childcare workers. This is for parents/guardians who have no alternate care available. Space is limited and only pre-registered children will be accepted. **The deadline to request childcare is May 3, 2025, no exceptions.** All parents/guardians requesting childcare will be contacted after May 3, 2025.

The cost for participants with children in childcare is \$500 for the first child and \$200 for each additional child. Fees include meals, snacks and activities where costs are incurred.

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: Indigenous women, women with disabilities, visible minority women, lesbian/bisexual/transgender 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 and the deadline to apply is May 3, 2025. Contact the SFL office at 306.525.0197 or email event@sfl.sk.ca for more information.

Course Descriptions

Courses are scheduled over four days and if seats are not available in your first course preference, you will be registered in your second or third course preference as selected on your registration form. When registering, please consider the following course options.

A

Sharing the Women's Advocate Program: A Model for Gender Justice in Trade Unions

The Women's Advocate Program is a groundbreaking initiative that supports women workers facing issues such as domestic and intimate partner violence, sexual assault, and workplace inequity. This course will equip union leaders, activists, and negotiators with the tools to implement the Women's Advocate Program within their own unions.

Participants will learn about the program's history, the role of the Advocate, and the critical education and training Advocates receive. The course will explore strategies for incorporating the program into collective agreements, including the negotiation of gender justice clauses that ensure protections like paid leave and safety planning for women impacted by domestic violence.

Through interactive discussions and case studies, attendees will gain a deeper understanding of the Advocate's role as a resource for equity issues in the workplace. The session will also emphasize the union's collective responsibility in addressing violence against women and fostering gender equity.

After completing the course, participants will:

- Leave with actionable insights and tools to champion this transformative program within their home unions.
- Learn ways to strengthen the role of Canadian unions in ending domestic and intimate partner violence and supporting gender justice for all workers.
- Understand the importance of having a resource for equity issues in the workplace.



Course Descriptions

B

Resisting the Right

“The problems we face, did not come down from the heavens. They are made by bad human decisions, and good human decisions can change them.” — Bernie Sanders

If there is one aspect of politics that everyone can agree upon, it is that discussions are increasingly polarized. Conversations seem difficult to navigate, trust is diminished, and messaging is stark.

The rise of the right normalization is the process by which something unusual or extreme becomes part of the everyday. What once provoked horror and outrage, soon barely registers.

If what Assata Shakur said, “A Woman's Place is in the Struggle,” then how do we engage and advocate for good human decisions? How do we get involved? Join us as we discuss our role in resisting the right.

After this course, you will:

- Become more aware and better able to sort through extreme and harmful messaging.
- Access tools for advocating for better decisions and outcomes.
- Understand the importance of being engaged and how to engage others.



C

Women's Activist

This course provides women with the tools to organize, hold ground on the gains we have made, and push forward to build a movement for women's social and economic equality. The course covers a wide range of issues, such as women's work, understanding oppression, harassment and violence, women's history, and women in unions. Participants develop skills to make real change in the union, the workplace and the community around equality issues.

After this course, you will:

- Understand how gender, class, and power interact in the workplace.
- Sharpen skills on how to recognize and challenge oppression.
- Learn how to build leadership and advocacy skills.
- Be prepared to take action for workplace equity and social justice.

Course Descriptions

D

Inclusion, Diversity and Belonging: Anti-Oppression in the Union

A course looking at different types of power structures that workers have to face, and how they intersect with one another. Courses will cover racism, homophobia, transphobia, ableism, and more. You will leave with ideas to take action in creating a more equitable workplace and local.

After this course, you will know:

- The current challenges facing unions across Canada, particularly for women workers.
- What racism looks like in the workplace and your role in challenging it.
- The truth and reconciliation commission and how it can play a role in your local.
- Recognizing discrimination and unconscious biases, both in ourselves and others.



E

Occupational Health and Safety for Women

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

After this course, you will:

- Understand gender-based inequities in health and safety and how they impact women.
- Continue to discuss workplace hazards that put women's physical and mental health and safety at risk.
- Explore tools that you can take back to the workplace to address inequities.
- Share questions and answers to some of the challenges and successes you have experienced.

Course Descriptions

F

Building Solidarity with Indigenous Communities

We will discuss the history and legacy of Residential Schools, Indian Hospitals, the Indian Act, colonialism, human rights, anti-racism, and oppression. Participants will learn about and hear firsthand accounts of Indigenous people in the Indian Residential School system and the work of the Truth and Reconciliation Commission to ensure that history is not forgotten, and that Survivors are remembered and respected. We will examine the 94 Calls to Action and the 10 Principles of Reconciliation and discuss how they can apply to the work we do in the union, including showing solidarity with Indigenous communities. How can we do that as a union and as individuals? Using little known, but deeply important acts of solidarity, we can help members find creative and modern ways to help advance the issues of justice and human rights for FNMI members, their families and their communities.

During this course, you will:

- Learn about the colonial structures at play in all workplaces.
- Learn about the 94 Calls to Action and how you can implement everyday acts of reconciliation into the workplace.
- Gain the confidence to discuss issues with your peers in a new lens.

G

Empower Your Voice, Strengthen the Movement!

Join us for an exciting training opportunity designed to equip women, including young women, with the skills and strategies to lead, organize and build the Canadian labour movement. Together, we will break down barriers, amplify our collective power, and build a future of equality, solidarity, and opportunity for all. This is your chance to make a lasting impact—learn, connect, and take action. Be part of the change!

After this course you will be able to:

- Make connections between your workplace and the greater history behind women in the labour movement.
- Talk comfortably about issues in the union and workplace.
- Make changes in your workplace to help create the world you want to work in.



Course Descriptions

H

Women in Leadership

Are you a woman with passion and motivation? Do you want to help build a stronger union? This course is a next step for women leaders, designed to address the ways to balance the day to day challenges in the face of high stress campaigns.

Bringing together workers from various sectors, communities, and levels of governance, participants will take away new ways of

campaigning, strategic planning, and framing our message. By building on communication and presentation skills, participants will leave with the tools to best communicate their message.

After this course you will:

- Understand more about styles of leadership and how to effectively deal with conflicts that may arise.
- Have a better knowledge of the history of women's challenges and wins in Canada.
- Gain a new set of tools and resources for helping to ignite change in your world.



Participants from Prairie School for Union Women 2024



Agenda

REGISTRATION BEGINS SUNDAY, JUNE 8 AT 3:00 PM

Times and locations will be sent out with participant manuals prior to the school.

Sunday, June 8

- Registration
- Supper
- Opening Plenary

Monday, June 9

- Breakfast
- Courses
- Lunch
- Courses Continue
- Supper

Tuesday, June 10

- Breakfast
- Courses
- Lunch
- Courses Continue
- Supper

Wednesday, June 11

- Breakfast
- Plenary
- Courses
- Lunch
- Courses Continue
- Supper

Thursday, June 12

- Breakfast
- Courses
- Closing Plenary

SCHOOL ENDS THURSDAY, JUNE 12 AT 12:00 NOON

SAFE TRAVELS HOME!



Registration

PLEASE COMPLETE ALL INFORMATION ON THE REGISTRATION FORM.
REGISTRATION IS ALSO AVAILABLE ONLINE AT [EVENTS – SASKATCHEWAN FEDERATION OF LABOUR](#).

PARTICIPANT NAME: _____

UNION NAME AND LOCAL: _____

MAILING ADDRESS: _____
STREET/PO BOX CITY/TOWN AND PROVINCE POSTAL CODE

CONTACT NUMBERS: CELL: _____ WORK: _____

EMAIL ADDRESS: _____

PARTICIPANT'S PERSONAL EMAIL WILL BE THE PRIMARY METHOD OF COMMUNICATION FROM PRAIRIE SCHOOL STAFF

HAVE YOU ATTENDED PRAIRIE SCHOOL FOR UNION WOMEN IN THE PAST? Yes No If yes, how many times? ____

COURSE SELECTION

You will be registered in one course only, based on a first registered, first preference basis. Register early as seats are limited in each course:

- A. Sharing the Women's Advocate Program
- B. Resisting the Right
- C. Women's Activist
- D. Inclusion, Diversity and Belonging
- E. Occupational Health and Safety for Women
- F. Building Solidarity with Indigenous Communities
- G. Empower Your Voice, Strengthen the Movement
- H. Women in Leadership

Please select your first, second and third course preferences by indicating your choice of the course letters below:

First: _____ Second: _____ Third: _____

ACCESSIBILITY NEEDS AND DIETARY RESTRICTIONS

Do you have any accessibility needs or dietary restrictions?

Yes No If yes, please specify: _____

If you require a computer or other electronic equipment, please contact your union as we are unable to provide this equipment.

CHILDCARE

Do you require childcare onsite? Yes No

THE DEADLINE TO REQUEST CHILDCARE IS MAY 3, NO EXCEPTIONS.

Child's Name: _____ Age: _____

Child's Name: _____ Age: _____

Please specify any accessibility needs or dietary restrictions:

Total Amount Included for Childcare: \$ _____

\$500 for the first child and \$200 for each additional child.

Fees include meals, snacks and activities where costs are incurred.

PARENTS/GUARDIANS WILL BE CONTACTED AFTER MAY 3.
CHILDCARE FEES MUST BE INCLUDED IN REGISTRATION PAYMENT.

MEALS, ACCOMMODATION AND TRANSPORTATION

Registration fees cover meals and accommodation as noted on Page 1 of this brochure in School Information. Transportation costs are the responsibility of the participant with the exception of parking which is included in the fees.

Indicate the name(s) of the participants you prefer to share a suite with. If you do not have a preference, leave blank and you will be assigned shared accommodation (in a two bedroom or four bedroom suite). I prefer to share accommodation with:

IS YOUR UNION/LOCAL AFFILIATED TO YOUR PROVINCIAL/TERRITORIAL FEDERATION OF LABOUR? Yes No

FEES AND DEADLINES

Affiliates

Early Bird up to May 3: \$1,000 After May 3: \$1,100

Non-affiliates

Early Bird up to May 3: \$1,100 After May 3: \$1,200

REFUND POLICY

Up to May 3: Full Refund

May 4 - May 31: Refund Minus \$100 Administration Fee

After May 31: No Refund – Registration Close

CONFIRMATION OF REGISTRATION

Participants will be emailed an information package and confirmation of course registration in May. **Registration confirmation will not be emailed to participants until payment is received in full.**

REGISTRATION AND PAYMENT

Registrations can be submitted online at [Events – Saskatchewan Federation of Labour](#) or by mailing the form with a cheque payable to the Saskatchewan Federation of Labour, 220, 2445 - 13th Avenue, Regina, SK S4P 0W1.

Registration forms can also be emailed to event@sfl.sk.ca with payment via etransfer to payment@sfl.sk.ca. Include 'PSUW Registration' in the memo line of the etransfer.

FULL PAYMENT MUST ACCOMPANY THE COMPLETED REGISTRATION FORM.

Office Use Only

Chq # _____

Amt \$ _____

Date Received _____