

June 2025

Triage Desk

Hello there,

June is bursting with many meaningful moments and we're here for every one of them.

This month, we're reflecting on the recent Mental Health Awareness event for nurses, honouring the incredible impact of fathers, and recognizing National Indigenous People's Day, Juneteenth, and Pride Month. These observances remind us of the strength found in diversity, resilience, and community.

There's so much to celebrate, and we're excited to share it all with you.

Thank you for your ongoing support of Alberta's nurses and our shared commitment to public health.

With gratitude,

Nursing Notes



Shining Light on Psychological Safety

Local 183 Hosts Groundbreaking Mental Health Event for Nurses' Week

As part of this year's Nurses' Week celebrations, UNA Local 183 took a bold step in addressing a critical issue facing nurses - psychological trauma in the workplace.

Building on a successful 2024 event, this year marked the second instalment of what organizers hope will become an annual tradition - Mental Health Nurses Day, held on the Wednesday of Nurses' Week.

Led by UNA Local 183 President Michael Perry and Vice President Sabrina Leask, the hybrid event brought together frontline nurses, mental health professionals, and researchers, filling the venue and drawing nearly 50 virtual participants from across the province.

"Trauma is everywhere, especially for nurses on the front lines," Sabrina noted. "This is about recognition and real change, including formal acknowledgment in presumptive legislation."

The theme focused on trauma exposure among nurses and the role of trauma-informed care as both a healing and preventive tool.

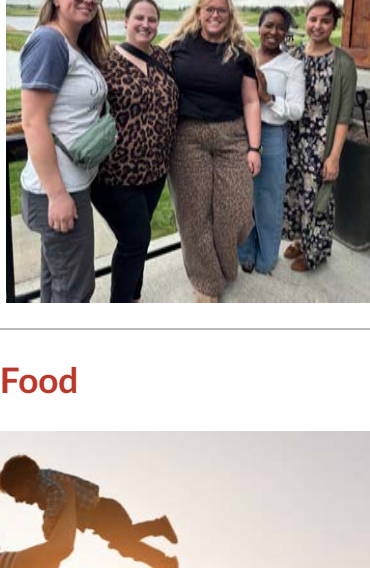
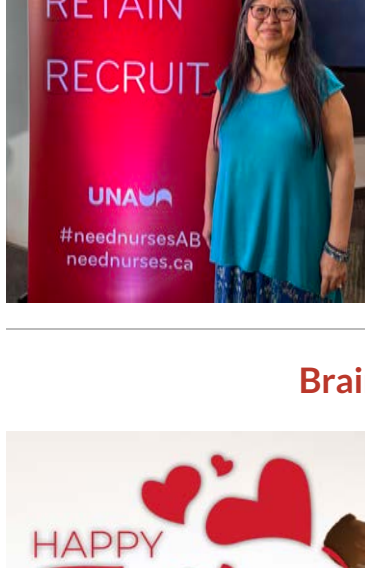
Ryan Gerard, a psychologist at the Fort Saskatchewan Correctional Centre, was one of the two guest presenters. He shared practical insights into supporting staff working in high-stress environments.

Dr. Lisa Burbach, Associate Clinical Professor of Psychiatry at the University of Alberta, presented her work on 3MDR therapy, exploring innovative treatments for trauma-exposed healthcare workers, particularly those experiencing suicidal ideation.

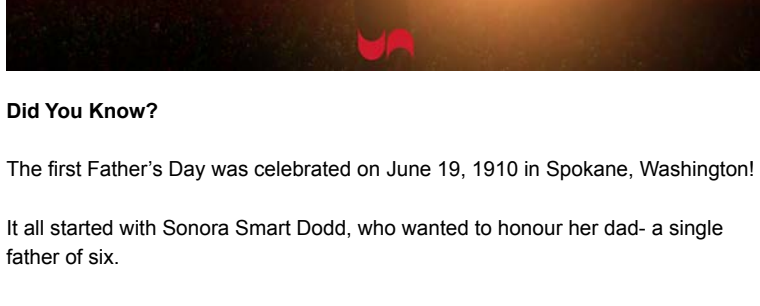
"This isn't just about awareness. It's about workplace safety," said Perry. "Just as physical hazards led to workplace reforms in the past, it's time psychological hazards are treated the same way."

Nurse Sherri-Lynn Lupul was one of the many participants at the event. She says the presentation was timely and necessary. "I think it needs to be available for everybody not just RNs, LPNs, Psych Aides, Health Care Aides- everybody in health care needs to have this information."

If you missed the live event, a recording is available on the UNA Local 183 [website](#) for on-demand viewing.



Brain Food



Did You Know?

The first Father's Day was celebrated on June 19, 1910 in Spokane, Washington!

It all started with Sonora Smart Dodd, who wanted to honour her dad- a single father of six.

Inspired by Mother's Day, Dodd pushed for a day to recognize the strength and love of fathers like hers.

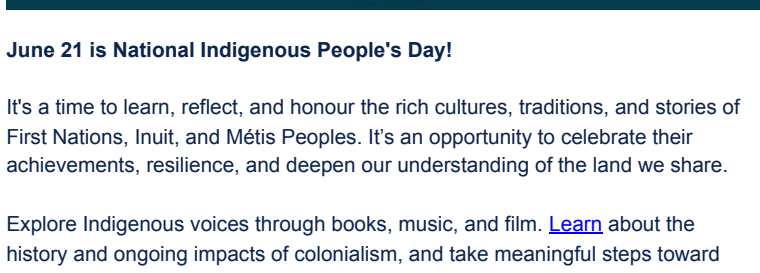
This Father's Day, we celebrate all the amazing dads, stepdads, grandpas, and father figures who show up with love, wisdom, and care.

Happy Father's Day!

Quote of the Month

"Strong communities are built not by sameness, but by the shared courage of people who bring their whole selves and hold each other up."

National Indigenous People's Day



June 21 is National Indigenous People's Day!

It's a time to learn, reflect, and honour the rich cultures, traditions, and stories of First Nations, Inuit, and Métis Peoples. It's an opportunity to celebrate their achievements, resilience, and deepen our understanding of the land we share.

Explore Indigenous voices through books, music, and film. [Learn](#) about the history and ongoing impacts of colonialism, and take meaningful steps toward reconciliation.

While June 21 marks National Indigenous People's Day, the entire month is celebrated as National Indigenous History Month.

Join the conversation and show your support throughout the month by using #NIHM2025.

Honouring Juneteenth



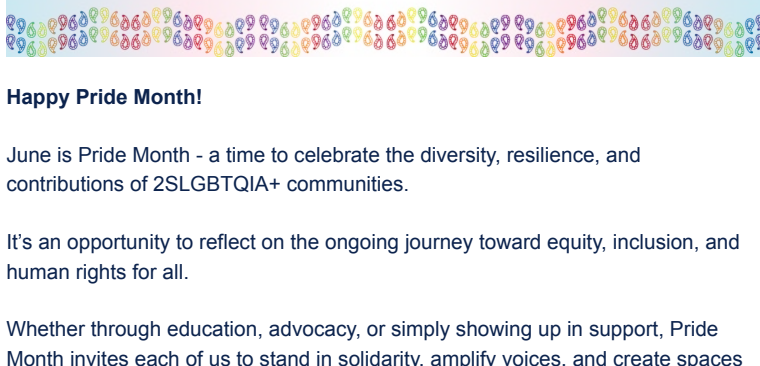
A Celebration of Freedom

On June 19, 1865, in Galveston, Texas, freedom finally reached the last enslaved African Americans - two and a half years after the Emancipation Proclamation.

That day, now known as Juneteenth, marks more than the end of slavery. It tells a story of delayed justice, unshakable resilience, and the ongoing fight for equality.

As we look ahead to this day, may we do so with reflection, respect, and a renewed commitment to walk in solidarity, speak up for equity, and keep the memory alive - not just in history, but in action.

What's Next?



Happy Pride Month!

June is Pride Month - a time to celebrate the diversity, resilience, and contributions of 2SLGBTQIA+ communities.

It's an opportunity to reflect on the ongoing journey toward equity, inclusion, and human rights for all.

Whether through education, advocacy, or simply showing up in support, Pride Month invites each of us to stand in solidarity, amplify voices, and create spaces where everyone feels seen, safe, and valued.

Let's continue working together to build a world where love is celebrated, identities are respected, and equality is more than just an idea - it's a reality.

Let's Connect

Stay Connected!

Get involved with our new campaign and be a part of our mission to advocate for and support Alberta's nurses by connecting with us on our social media platforms.



MEMBERS CAN DOWNLOAD THE **UNA APP** HERE.



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