CONTENT WARNING:

UNA Workshops

UNA workshops include discussion of sensitive topics that may be challenging or triggering for some members. As a result, the UNA Executive Board has directed that content warnings be provided prior to UNA events, including workshops.

When attending the following UNA workshops, members may encounter discussions about sensitive topics, which may include:

Know Your Rights	*Trauma, workplace harassment and violence, mental health concerns, moral distress/injury*
Intro to PRC	*Trauma, workplace harassment and violence, moral distress/injury*
Workplace Safety & Abuse	*Trauma, domestic violence, workplace harassment and violence, mental health concerns, suicide, moral distress/injury*
Engagement & Support	*Trauma, workplace harassment and violence, mental health concerns, moral distress/injury*
PRC Committee	*Trauma, workplace harassment and violence, moral distress/injury*
OH&S Committee Basic	*Trauma, mental health concerns, suicide, domestic violence, workplace harassment and violence, moral distress/injury*
OH&S Committee Advanced	
How To Run a Local – Labour Relations	*Trauma, workplace harassment and violence, mental health concerns, moral distress/injury*
How To Run a Local – Conflict & Communication	*Trauma, workplace harassment and violence, mental health concerns, moral distress/injury*

During workshops, members may leave the room at any time to avoid sensitive topics. We encourage you to take care of yourself.

For more information about available supports, please visit *www.una.ca/memberresources/mentalhealth*

For descriptions of UNA workshops, please visit *education.una.ca/workshops*

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