

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:

Workshop	Potential Sensitive Topics
Know Your Rights	Trauma, workplace harassment and violence, mental health concerns, moral distress/injury
Dealing With Abuse	Trauma, domestic violence, workplace harassment and violence, mental health concerns, suicide
Intro to PRC	Trauma, workplace harassment and violence, moral distress/injury
Boundaries & Self-Care	Trauma, workplace harassment and violence, mental health concerns, suicide, moral distress/injury
Engagement & Support	Trauma, workplace harassment and violence, mental health concerns, moral distress/injury
Taking Action	Trauma, workplace harassment and violence, mental health concerns, moral distress/injury
PRC Committee	Trauma, workplace harassment and violence, moral distress/injury
OH&S Basic	Trauma, mental health concerns, suicide, domestic violence, workplace harassment and violence, moral distress/injury
OH&S Advanced	
How To Run a Local - Labour Relations	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 una.ca/mentalhealth.



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

