

FALL 3-DAY EDUCATION SEMINAR 2026

Friday, September 11 – Monday, September 14, 2026
Sheraton Parkway Toronto North

We are pleased to offer the following courses at the Ontario Region's Fall 3-Day Education Seminar. If you are interested in taking one of these courses, contact your local as soon as possible.

Credentials and their link have been sent to your local. Completed Credentials are due by Tuesday, August 4th @ 5:00pm at the Regional Office. No Credentials will be accepted after this date and time.

Political Action

This course covers different elements including building campaigns, meeting with elected officials and shifting them, and tips for more efficient activism.

If postal workers are to achieve success all of us will need to ramp up our approach with clarity and conviction. Consider this an invitation.

CUPW Labour History

This course is an introduction to our history. Rather than trying to cover the full scope of labour history, the course examines a small number of events in detail. It uses comments and documents such as photographs from the past to help us analyze the dynamics of change.

Grievance Handling

This course is suited to stewards with some experience.

The aim of this course is to reinforce participants' grievance knowledge, as well as their investigation and advocacy skills. Topics include: shop steward rights, distinguishing between fact and opinion, active listening, and duty of fair representation. Participants have opportunities to work on being assertive, and to practice preparing and arguing grievances.

RSMC Collective Agreement

This course is intended for all rural and suburban mail carriers (RSMCs) who wish to learn more about their rights and obligations.

By the end of the session, participants should understand the new provisions of the collective agreement and be able to explain them to their co-workers.

Basic Shop Steward

This course aims to provide new stewards with basic training, knowledge, and confidence. Topics include the different roles of the steward, how to investigate and file a grievance, communication skills, shop steward rights, the steward as organizer/mobilizer, and key provisions of the urban operations and RSMC collective agreements.

In solidarity,



Lina McLean,
Regional Education & Organization Officer

