

December, 2015

I attended a CUPE course the weekend of December 4 to 6, 2015. The course was facilitated by Tony Cunha and Laura Walton.

The course was very interesting, and dealt with mental health issues in the work place. This subject has been a hot topic for a long time, as the Human Rights code does not go far enough to cover these issues in the workplace.

It was greatly stressed that this course was in no way going to help us diagnose workers, but did give us some general descriptions of what to look for and how to deal with it.

The course was called Understanding Mental Health. Other courses included in this module were Creating Psychologically Healthy and Safe Workplaces and Being an Ally for Equality.

It was a great experience and I look forward to applying at least some of what I learned in my workplace.