



Professional Development Opportunities for CUPE on May 3, 2019

With the help from both our Student Services and Curriculum departments the staff have come up with a diverse cross section of sessions for our Union members to pick from;

MORNING:

- Permission Click – 8:15-9:15
- Boardmaker – 8:30-11:30
- Mental Health Literacy – 8:30-11:00
- Staying Safe while working with Students with Challenging Behaviours – 8:30-11:00
- Superflex – 9:00-11:00
- Social Capital and the Importance of Relationships – 9:00-11:00
- SET-BC Social Inclusion – 9:00-11:00
- Supporting English Language Learners in the Classroom – 9:00-11:00
- Resiliency on the School's Frontline – 9:30-11:00

AFTERNOON:

- Coping with Multiple Stressors at Work using Cognitive Stress Management Techniques – 12:00-1:30
- Social Capital and the Importance of Relationships – 12:00-2:00
- Superflex – 12:00-2:00
- SET-BC Social Inclusion – 12:00-2:00
- Blanket Exercise – 12:00-2:00
- Supporting English Language Learners in the Classroom – 12:00-2:00
- Mental Health Literacy – 12:00-2:30
- Staying Safe while working with Students with Challenging Behaviours – 8:30-11:00

FULL DAY:

- CPI – 9:00-2:00
- First Aid – 8:30-2:00

Lunch will be from 11-12. Some people will get the full hour and some might only get 30 minutes (Boardmaker), but will have had a 15 minute break.

You are able to register for any of the above workshops via [Perfect Mind](#), and if you require any assistance please contact Brandee Jersak at 604-794-5553 ext.2223 or brandee_jersak@sd33.bc.ca and she will be more than happy to help you.

Please free to contact one of our CUPE representatives (Glenda Johnson, April Mancinelli, or Lorie McLaren) on the District Learning Committee with any feedback and/or suggestions on educational opportunities you would like to see offered on Professional Development days.

CUPE 411 Executive