








| Provincially-funded ESRB presentations. Please use contract to book. | | | | |
|---|---|--------------------------|----------------------------------|---|
| Cost | Presentation | Length (hours) | Presenter | Contact Information |
|  | Living with Bipolar I share my personal journey with having Bipolar Illness in a candid, humorous and at times, heart wrenching manner. You will learn and understand more about mental health after hearing my story. My goal is to educate and change the stigma around mental health illnesses. | 1.5 - 2 | Tracey Crewson (OSSTF member) | Costs covered by provincial office. Contact rob.dubyk@osstf.ca for details and to book. |
|  | Compassion Fatigue Awareness: Compassion Fatigue and its slow erosion of one's mental health is a very real problem in the field of education. After experiencing Compassion Fatigue, I took the training and realized that many people involved in education are unaware that they are experiencing this stressful and debilitating mental health problem. Learn more about Compassion Fatigue (CF), its early warning signs, self-care practices, healthy mental changes, and alternative options and choices. (1.5 hour presentation provides an overview of CF; half day and full day presentations provide a deeper understanding of CF and allows a development of one's personal tool box of self-care and CF mental health strategies.) | 1.5 ½ day Full day | Cynthia McAlister (OSSTF member) | Costs covered by provincial office. Contact rob.dubyk@osstf.ca for details and to book. |
|  | Transgender Issues: Transgender identities are changing the notion of diversity in the workplace. Our current understanding of gender is complex and rapidly changing – so are | 1.5 - 3 | Kael Sharman (OSSTF member) | Costs covered by provincial office. Contact rob.dubyk@osstf.ca for details and to book. |

| | | | | |
|---|--|-------|-------------------------------|--|
| | <p>the policies which govern our educational workplace. Gain the awareness needed to ensure the school you work in is keeping pace. This presentation familiarizes participants with terminology associated with a variety of gender identities and what it means to support coworkers and students who identify as transgender. Awareness and understanding of gender complexity to support educational workers who are transgender helps create workplaces that respect human rights for everyone.</p> | | | |
|  | <p>GSA for educators</p> <p>Does your district have a GSA (Gay-Straight Alliance or Gender Sexuality Alliance) for staff? Or do you currently have one but no one seems to be showing up? This might be the presentation for you. The presentation will focus on methods of creating a GSA for LGBTQ educators and their allies. GSAs for educators have many benefits; it takes away isolation many LGBTQ educators feel, it fosters positive changes and helps overcome homophobia, bi-phobia and transphobia in the workplace and most of all it creates strong networks of LGBTQ educators, their allies and the community at large. If you already have a GSA at your district and are looking at ways to make it stronger, this presentation will give you options to create connections with other educators in your district, community partners as well as</p> | 1.5-3 | Walter Cassidy (OSSTF member) | <p>Costs covered by provincial office. Contact rob.dubyk@osstf.ca for details and to book.</p> |

| | | | | |
|---|--|---------|---|---|
| | creative initiatives to help your GSA expand. | | | |
|  | <p>The Reality of Precarity: What Part-Time, Casual, and Occasional Employment Means for Us</p> <p>This workshop invites participants to reflect on the growing trend of part-time, casual, and occasional work across the education sector and its implications for members' lives and livelihoods. Examining precarity through the lens of occasional teaching, the workshop provides space to share best practices and strategically plan ways to address precarity in district and bargaining unit activities.</p> | 1.5 - 2 | Ty Walkland and Chris Petersen (Both OSSTF members) | Costs covered by provincial office. Contact rob.dubyk@osstf.ca for details and to book. |
|  | <p>SafeTALK</p> <p>SafeTALK is an alertness training that prepares adults, regardless of previous experience, to be a suicide alert helper. Participants will learn to:</p> <ul style="list-style-type: none"> • Notice and respond to situations where suicide thoughts may be present • Recognize invitations for help that are often overlooked • Move beyond the common tendency to dismiss or minimize signs • Apply the TALK steps and • Know the community resources and how to connect someone with further help | 3 | Paula Ferreira and Kerry Snip (Both OSSTF members) | Costs covered by provincial office. Contact rob.dubyk@osstf.ca for details and to book. |
|  | <p>Move On: Why we feel angry and anxious and what to do about it</p> <p>Participants will explore the basics of the</p> | 1 - 3 | Karen Tompkins (OSSTF member) | Costs covered by provincial office. Contact rob.dubyk@osstf.ca for details and to book. |

| | | | | |
|--|--|--|--|--|
| | neurobiology of behaviour and discover ways to offset the dopamine (stress) response. We will also look at how this can be applied to your work environment. | | | |
|--|--|--|--|--|