



**PLEASE JOIN US AT THE 2020
COMMUNITY-BASED ORGANIZATION (CBO) WORKERS'
TRI-UNION VIRTUAL CONFERENCE**

Thursday, November 5, 2020

Held via Zoom

Restrictions due to the COVID-19 pandemic mean we aren't able to host our traditional in-person conference this year, but the Tri-Union CBO Committee is pleased to provide an opportunity for CBO workers to join together virtually via Zoom. We have lined up an experienced and dynamic speaker to provide helpful information and guidance to those of us who work in the CBO sector.

If you are seeking ways to find true fulfillment in your work and learn unique ways to deal with the stress that comes with your job and day-to-day life, then you'll find great value in this conference!

ATTENTION: CUPE LOCAL UNIONS

CUPE Saskatchewan Division offers **Small Local Assistance** for CUPE Local Unions to register delegates to participate in the Tri-Union CBO Conference. This program reimburses the Local Union for costs to have delegates participate and, as such, Local Unions pay the costs for their approved delegates to attend and seek reimbursement through the Small Local Assistance program.

Each CUPE Local Union must approve its delegates to the Tri-Union CBO Conference. Any union leave required must be applied for and approved through the Local Union and employer.

For more information and forms, visit the link:

www.sk.cupe.ca/forms

REGISTRATION FEE:
FREE – NO CHARGE

**CONFERENCE AGENDA
Thursday, November 5, 2020
Via Zoom**

9:00 a.m. Conference Opening & Welcome
Greetings from each union
Prize draws

9:30 a.m. – 11:30 a.m. Guest Speaker/Facilitator:
Natashia Sukarukoff



Topic: *Self-care for those in the helping professions*

(BREAK FOR LUNCH)

1:15 p.m. Opening of Afternoon Session
Greetings
Prize draw

1:30 p.m.– 3:30 p.m. Guest Speaker/Facilitator:
Natashia Sukarukoff



Topic: *Working with clients (adults, teens and children) in a fulfilling manner.*

3:30 p.m. Closing remarks & Adjournment

You can register for the whole day, or only the morning or afternoon session.

The Zoom meeting link will be sent to all registered participants a few days prior to the conference.