



HOSPITAL EMPLOYEES' UNION

PROVINCIAL OFFICE:

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April 23, 2021

Secretary-Treasurers

Dear Sisters, Brothers, and Friends:

Re: Free Your Voice – Stand Your Ground (online workshop) 2021

It can be challenging to speak up for rights and justice in the workplace or in the community while staying grounded. This **new**, one-day, on-line workshop uses exercises including storytelling, theater, voice and simple movements to:

- gain vocal techniques to free your voice and speak with strength and clarity;
- learn skills to move nervous energy to a calm and grounded presence;
- practice and gain confidence speaking on matters of importance related to workplace rights and justice; and
- have fun, while supporting each other to speak up and stand your ground.

This one-day workshop is being offered on the following dates:

Workshop Date	Location	Application Deadline
Wednesday, June 23, 2021	Online	<i>May 24, 2021</i>
Wednesday, June 30, 2021	Online	<i>May 30, 2021</i>
Wednesday, July 7, 2021	Online	<i>June 6, 2021</i>

The workshops are open to all HEU members.

Enclosed you will find an application form. Completed applications should be addressed to the attention of **Shemaine Chan** and submitted by **email to: schan@heu.org** or by **fax: 604-739-1510** by the deadlines outlined above. Alternatively, an online form is available on our website at www.heu.org.

We will contact successful applicants by email to confirm further details. Once applicants have been notified, they will be required to apply for leave of absence for union business.

If you should have any questions regarding this workshop please contact **Shemaine Chan** by **phone: 604-456-7063** or email to schan@heu.org

In solidarity,

A handwritten signature in black ink, appearing to read "Mike Old". The signature is fluid and cursive, with the first name "Mike" written in a larger, more prominent script than the last name "Old".

Mike Old,
Secretary-Business Manager (Interim)

Attachment

cc: Chairpersons
Provincial Executive
Reps and Directors