

# JUST FOR YOU

## DATES LOCATIONS TOPICS

### DATES

**OCTOBER 21, 22 & 23, 2025**

### LOCATIONS

**St John's NL English**

**Quebec QC French**

**Ottawa ON English**

**Calgary AB English**

### TOPICS

**3-DAY TRAINING – for active CPAA members**

- CPAA History
- By-laws / Policies
- Labour Movement
- Rights
  - ✓ Collective Agreement
  - ✓ Canadian Human Rights Act
  - ✓ Canada Labour Code

You can send your form at [mail@cpaa-acmpa.ca](mailto:mail@cpaa-acmpa.ca)

Canadian Postmasters  
and  
Assistants Association



l'Association canadienne  
des maîtres  
de poste et adjoints

**Are you an Active Member interested in increasing your union knowledge?**

**Will this be your first Just For You training?**

If you answered yes to both of those questions, a portion of our negotiated education fund has been used to develop and present a training program **Just For You!**

**OBJECTIVES** – you will have a better understanding of:

- ✓ The structure of CPAA
- ✓ Articles of our Collective Agreement
- ✓ How you can work for CPAA
- ✓ CPAA's role in the labour movement
- ✓ How CPAA can work for you

### Important information:

- From Oct. 21 to 25, 2025, the CPAA Education Fund will pay expenses such as: wages, per diem, accommodations, travel, etc.
- Enrolment is limited to 50 participants across Canada, selected by a random draw.
- Past and Present Union Representatives are not eligible for this training.
- CPAA members who have already attended a previous Just For You training are not eligible to apply.
- Only one application form per member will be accepted.
- Please carefully review the dates of the training sessions and your availability to avoid unnecessary cancellations and added expenses.
- Contact CPAA immediately if you are on any type of leave, so arrangements can be made.



### JUST FOR YOU APPLICATION FORM

Applications must be received by June 30, 2025, at: **CPAA, 281 Queen Mary, Ottawa ON K1K 1X1**

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Post Office Name \_\_\_\_\_

Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

Email \_\_\_\_\_

Position Title \_\_\_\_\_

Preferred training language

English ☐

French ☐