

July 29, 2026

TO: Local Union Presidents, Recording Secretaries, Chairpersons, Stewards, Health and Safety Representatives, Women's Advocates, EFAP Representatives, Mental Health Advocates, Standing Committee Members (Outside of Quebec)

UNIFOR BIENNIAL EMPLOYEE & FAMILY ASSISTANCE CONFERENCE

NAVIGATING THE SYSTEM:

A HEALTHY JOURNEY TO MENTAL HEALTH AT WORK AND FOR FAMILY

SEPTEMBER 11 – 13, 2026

Unifor Family Education Centre, Port Elgin, Ontario

Greetings,

Join us for an engaging and informative weekend dedicated to strengthening our understanding of mental health, advocacy, and support in our workplaces, families, and communities. This conference will bring together workplace representatives, advocates, and activists to explore practical strategies, share resources, and build stronger support networks.

The conference will take place at the Unifor Family Education Centre located at 115 Shipley Avenue in Port Elgin, Ontario. The conference will commence September 11, 2026, at 7:00 p.m., and will adjourn no later than September 13, 2026, by 12:00 p.m.

We look forward to seeing you at the Unifor Family Education Centre!

In solidarity,



MIKE BYRNE

Windsor Area Director
National Representative
EFAP Staff Liaison
Unifor Mental Health Advocate
MB/jlh:cope343

Through excellent speakers and facilitators, this Conference will:

- Increase their understanding of workplace and community mental health systems.
- Teach how to advocate for improved mental health supports and services through lobbying.
- Provide practical tools to support members and their families.
- Build confidence to engage in difficult conversations about mental health.
- Explore opportunities to strengthen Collective Agreement language relating to psychological health and safety in the workplace.
- Connect with activists and community partners committed to improving mental health in both workplaces and communities.
- Discuss what follow-up, recovery, and self-care look like.
- Explore how to be a solid ally and build a solidarity network.
- Provide an opportunity to attend an Open AA/NA/ALANON/NARANON meeting.

Online Registration and Conference Fee

The fee to register for this Conference is \$60.00.

Registration for this conference will be online by visiting <https://register1.unifor.org/>

Local Presidents have been sent the 2026 local online usernames and passwords. If you have trouble getting registered, please email registration@unifor.org.

The deadline to register is **August 21st, 2026**.

Unifor Family Education Reservation

To attend this conference, you must complete the [Unifor Family Education Reservation form](#) and return it to confcentre@unifor.org.

Accommodations on-site will be handled on a first come first served basis. In order to participate in the conference, you must have accommodations made at/by the Centre. If the Centre is fully booked, someone will advise you (or your local) and the Centre's staff will make a reservation off-site at a nearby hotel and notify you with the pertinent reservation information.

Room check-in begins at 3:00 p.m. and closes at 9:00pm.

If you are arriving outside of the above noted hours, please ring the buzzer and maintenance will provide you with your accommodation key.

Check-out is at 10:00 a.m. on the date of your departure.

The deadline to register is **August 21st, 2026**.

Accommodation Fees

This Unifor Family Education Centre Reservation form must be fully completed and sent along with the accommodation fee no later than **August 21st, 2026**. Completed forms should be sent by email to confcentre@unifor.org or by mail to:

Unifor Family Education Centre
115 Shipley Avenue
Port Elgin, ON N0H 2C5

RE: Unifor Biennial Employee & Family Assistance Conference

All rates quoted are based on two (2) nights' accommodation, beginning with dinner on Friday and up to and including lunch on Sunday.

Room and board fees for the Conference (accommodation & meals) are as follows:

Shared Room (with another delegate)	\$530.00
Single Room (one person in room)	\$680.00
Single Room with partner or child (17+)	\$830.00
Spouse or child 12+ years old	\$150.00
Children 5 to 11 years old	\$100.00
Children under 5	\$40.00

Note: If family member(s) are being paid for by the individual and not by the local, the local pays the 'single occupancy' rate and the following rates apply (including taxes):

Spouse or child aged 12+	\$150.00
Children ages 5 to 11	\$100.00
Children ages 1 to 4	\$40.00

Note: Double occupancy units are also equipped with a separate study room which includes a single fold-out 'Murphy bed' for those wishing additional privacy.

If your delegate wishes to share a room, please ensure they note this on their Registration Form. If they have someone specific they wish to room with please provide the delegates name on the Registration Form as well. Please ensure to indicate if a smoking or accessible room is required.

All outstanding room and board fees, including spouse and children, will be the responsibility of the local union delegates.

Cancellation Policy

Failure to notify the Centre (by email) of room cancellations 48 hours prior to the event will result in one night charge to the final bill.

Notices of cancellation can be emailed to confcentre@unifor.org or called in at 519-389-3200.

Travel Information

Transportation to/from Toronto Pearson International Airport

For those requiring transportation to and from the Unifor Family Education Centre and Toronto

Pearson Airport, the departure transportation is set for **12:00 p.m. ET on Friday, September 11, from the airport** and the return trip will leave at **11:30 a.m. ET on Sunday September 13 from the Unifor Family Education Centre**. Make sure you arrange your flights according to the bus schedule. The trip is approximately 3 hours each way.

For participants who reside in the Greater Toronto Area and wish to attend but are without personal transportation, can meet at the designated pick-up point at Pearson Airport to utilize this service. Advanced notice will be required.

To confirm transportation requirements, please email jodi.hyatt@unifor.org with the following information by **August 21, 2026, at 4:00 p.m. ET.**

- Full Name
- Email
- Cell phone number
- Flight number
- Arrival time
- Departure only transportation / Return only transportation / two-way transportation
- No flight but requiring shuttle

Child Care

Child Care is available and included for this conference for children ages 0 – 12 of eligible participants during conference hours only. An eligible participant is a single parent/guardian, a parent/guardian not accompanied by a spouse/companion or where both parents/ guardians are delegates. Participants requiring childcare must pre-register by Date. Include the attached childcare form with the conference registration form that is returned to the Unifor Family Education Centre. If you have any questions regarding childcare, please call 1-519-389-3233/1-800-265-3735 Ext 3233 or email fecchildcare@unifor.org.

NOTE: Minors that do not qualify for childcare are not permitted to be at the Centre unless they are under the supervision of a guardian not participating in the conference.

The deadline to register is **August 21st, 2026.**

Health and Wellness Policy

Prior to travelling to Port Elgin, we ask all participants to self-assess for cold and flu symptoms. If you have any symptoms, or are feeling ill, please cancel your attendance by contacting the Front Desk. If you start to feel sick while at the Family Education Centre, please notify the front desk immediately, remain in your room and arrangements will be made for you to return home.

Fragrance-Free Policy

Due to the health issues arising from exposure to scented products and an increase in staff scent sensitivities, Unifor is committed to providing a fragrance-free environment for all workers and visitors to all Unifor offices and the Unifor Family Education Centre. Please avoid the use of fragrances and scented products when at the Unifor Family Education Centre.

Questions

If you have questions regarding the conference or require additional information, please contact Jodi Hyatt at 519-944-5866 or by email to: jodi.hyatt@unifor.org.