

### **NEWSLETTER AUGUST-SEPTEMBER 2022**

To all Canpar Express driver representatives and warehouse staff, please take a moment to read the following:

### **Mental Health Resources**

As we reach the 2.5-year mark since the beginning of the Covid-19 pandemic, we would like to acknowledge the hard work you have put into your jobs during this period of increased stress and workload. We feel this is a good time to remember the resources available to you as employees of Canpar and members of Local 1976.

The Employee Assistance Program (EAP) is hosted by Sun Life, bought and paid for by Canpar, and supported by USW Local 1976. Whether it be for stress, anxiety, depression, grief, individual or family therapy or other wellness issues, this program can be useful for those who might be struggling.

Sun Life RightDirections (EAP): 1-855-544-7722 or visit www.workhealthlife.com/sunlife

\*\*NOTE: When contacting this service, it is important to tell the agent that you are an employee of Canpar Express under Transforce or TFI, and you are covered by policy #103317.

Canada Suicide Prevention Service: 1-833-456-4566 or text 45645

#### **Health and Safety Meetings**

In August, your Health and Safety reps from across the country met for their first nation-wide meeting via videoconference. They discussed issues unique to their individual workplaces, as well as issues that affect all members across the different locations. These meetings will now take place in conjunction with the regular membership and unit chair meetings. If you are interested in learning more about Health and Safety initiatives in your workplace, please speak with your unit chair.

## **Bargaining**

Earlier this week an announcement was published regarding the union proposing new bargaining with the company.

Click here to read more, or scan the QR code with your smartphone:

# **Membership Meetings**

A Canpar membership meeting was held via videoconference on August 27, 2022, with eleven members in attendance. The next meeting is scheduled for November 19, 2022 at 3pm. Information on how to attend the meeting will be posted on the website at 1976usw.ca/canpar and sent via text message.

Want to make sure to receive updates as soon as they're posted? Sign up by texting "Canpar" to 32323.

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