



2026 PSAC NATIONAL YOUNG WORKERS CONFERENCE

“Young Workers: Taking Power, Challenging Norms”

April 7, 2026

REGISTRATION DEADLINE: Friday, May 29, 2026
(for both delegates and observers)

**APPLICATIONS RECEIVED AFTER THE DEADLINE
WILL NOT BE ACCEPTED**

**RESOLUTIONS SUBMISSION
DEADLINE:** Friday, June 19, 2026

CONFERENCE DATES: November 7-9, 2026

CONFERENCE LOCATION: Delta Hotels Ottawa City Centre
101 Lyon St. N, Ottawa, ON K1R 5T9

This Registration Package includes the following:

- Introduction/Callout Letter
- Call for Resolutions

The **2026 PSAC National Young Workers Conference** will be held **November 7-9, 2026**, at the Delta Hotels Ottawa City Centre in Ottawa, Ontario, under the theme: Young Workers: Taking Power, Challenging Norms.

This conference is for PSAC members in good standing who are young workers (age 35 and under). During the conference, delegates will take part in workshops, resolutions debates and elections.

You are encouraged to inform members in your local to ensure they are aware of this conference. Bulletin boards may not always be accessible. Additional outreach is therefore important and necessary.

This registration package is available upon request in alternative format through the Conferences Team by contacting us (613) 560-2597 or by email at conferences@psac-afpc.com.

French, English and Inuktitut interpretation will be available.



CONFERENCE OBJECTIVES

- Equip young workers with knowledge and tools of labour rights and build practical skills for workplace action.
- Create a space where young workers can meet, exchange experiences and build lasting connections across regions and sectors.
- Inspire young workers to take active ownership of their union.
- Amplify the voices of young workers and highlight the realities that demand collective action today.

WORKSHOPS

WORKSHOPS- STREAM 1

Delegates will take part in one 3-hour workshop from the selection below.

1. Steward's Guide to Economics

- Have a deeper understanding of economics.
- Be able to apply a critical lens to the current political and economic landscape and counter commonly held myths about the economy.
- Understand how the economy impacts workplaces, families, and communities.
- Be able to organize around workplace problems in a way that considers the broader socioeconomic and political context and create opportunities for organizing members.

2. Why Unions

- Recognize and talk about how unions are good for workers and for broader society.
- Know a little more about the labour movement and about the history of the PSAC.
- Identify current trends and challenges for the labour movement and broader society.
- Explore ways that the Steward can engage, and encourage members to engage, in broader labour, environmental and social justice issues.

3. How Stewards Can Get Members More involved in The Union

- Take a critical look at where union members fit into the labour relations context in the workplace.
- Identify measures for better organizing and mobilizing members in the workplace.



- Map out their valuable connections with union activists and members in the workplace and identify ways of expanding their union networks.
- Hone their communication skills with a focus on listening, speaking and planning one-on-one conversations with members.
- Practice recruiting and mobilizing members to become more involved in their union.

4. Managing Workplace Stress and Overload

- Understand the many concepts arising out of workplace stress such as overload and overwork.
- Review the current research in recognizing the health consequences of overwork.
- Better identify the causes and consequences of work overload
- Better understand how work overload impacts your life and your work
- Assess possible solutions and strategies to better prevent and control work overload in their workplace.

WORKSHOPS - STREAM 2

Delegates will take part in one 2-hour workshop from the selection below.

5. The Common Good & the Personal is Political

- To explore how individuals engage in political, union, and community activity and connect this personal engagement to broader social change.
- To examine the idea of the common good, including how personal needs relate to collective well-being and the benefits and challenges of adopting the common good as a societal value.
- To develop ways of talking about “the personal is political” by practicing conversations about the common good with colleagues, union members, friends, family, and neighbours.

6. The Connections We Make

- Build understanding of the Spectrum of Allies – helping participants see that on any social change issue, people fall along a range of positions, not just “for” or “against,” and that this diversity is useful for strategy.
- Strengthen social justice strategy skills – using the Spectrum of Allies (and Ladder of Engagement) to think more strategically about how to move different groups closer to supporting change and how to organize more effectively.
- Apply the concepts to real issues participants care about – using concrete examples (e.g., issues raised during the Summit or familiar topics like anti-scab legislation) so participants can practice mapping allies and opponents around an actual social change goal.



7. Challenging Patriarchy, Advocating for Gender Equity

- Use an intersectional approach to understand patriarchy, how it operates, and its impact on our members in the workplace.
- Identify what barriers to participation for women and gender diverse groups looks like.
- Identify the role and responsibilities that the union as a whole can play in challenging patriarchy and contributing to positive systemic change.

PARTICIPANTS

1. DELEGATES

Selected delegates will be advised by email on September 1, 2026

Delegates will be selected by their respective Components and Regions and will be entitled to full voice and vote during the Conference, including during the resolutions debate.

Priority will be given to members who are active in their union or workplace. The selection of delegates will consider Region, Component, language, and equity group representation.

Funding for Delegates:

Delegates are entitled to the following:

- travel costs, including ground transportation;
- accommodation costs in the PSAC hotel guestroom block;
- loss of salary;
- meals;
- incidental costs; and
- family care as per the PSAC Family Care Policy.

2. OBSERVERS

PSAC members in good standing who are young workers, may also attend the conference as observer.

Observers are responsible for all costs associated with their participation, including:

- **the conference registration fee of \$200;**
- loss of salary and meals;
- hotel and travel arrangements;
- incidental costs; and
- family care requirements.

Funding for observer participation is not available from PSAC. Please note that the number of observers is limited to the space available at the conference.

Observers do not have the right to voice or vote during the resolutions debate and elections.



Members who indicated on their registration form that they wanted to be considered as observers if they were not selected as a delegate will be notified on **September 3, 2026**.

HOW TO REGISTER

Please click on the link below to register:

<https://psacunion.ca/2026-youngworkers-registration>

- You should receive a confirmation number that your application form has been received successfully. This does not guarantee your seat at the conference. **You will be notified on September 1, 2026, if you have been selected.**

**DEADLINE TO APPLY IS:
FRIDAY, MAY 29, 2026**

For further information or assistance please contact PSAC:

- by phone at (613) 560-2597; or
- by email at conferences@psac-afpc.com

The upcoming 2026 PSAC National Young Workers Conference is an opportunity for PSAC members to continue the important work of maintaining and improving the militancy and activism of the union in the struggle to improve the working conditions of all PSAC members.