



June 11, 2026

To: Canadian Labour Congress Affiliates

Greetings,

Re: KDLC+NOLC School – September 16-18, 2026

The Canadian Labour Congress (CLC), the Kamloops & District Labour Council (KDLC) and the North Okanagan Labour Council (NOLC) are hosting a **Labour School** in Kelowna. The course will take place **from September 16th to September 18th, at 9:00 a.m. at the Coast Capri Hotel: 1171 Harvey Ave, Kelowna, BC V1Y 6E8**

Courses Offered:

Course 1 - Women in Leadership

Traditionally, Women in Leadership is offered at the CLC Pacific Region Winter School. However, due to its popularity, we have partnered with the NOLC and KDLC to offer a session in the Interior. We hope that by doing so, we can remove possible barriers and provide an opportunity for those who are otherwise unable to attend the course in Harrison Hot Springs.

This course offers union women an opportunity to develop and enhance their leadership skills and knowledge in a variety of current and emerging labour issues. Some of the components of the course will cover communication, motivational, and public speaking skills that are important for women activists. Participants will explore ways of building on these skills and drawing on their experiences as they advance along the path to leadership and consider running for an elected position or supporting others who run. Whether you're thinking of leadership within your union, your community, or in politics, this course is for you.

Course 2 - Mental Health First Aid

This course covers the essential knowledge and tools to recognize when someone's mental health may be declining, respond with confidence, and care for your own well-being while supporting others.

Through the course, you will:

- Increase mental health awareness
- Understand stigma

- Learn how to use the ALGES framework to support
- Learn reflective self-awareness
- Review mental health supports

There are limited spots available for our affiliates and their members. The cost for registration is \$325 per person, which includes lunch. Participants are required to obtain permission from their affiliate prior to registering. This fee does not include transportation or accommodations.

Hotel Booking at Coast Capri:

A special rate of \$209 per night (plus taxes and fees) based on single or double occupancy, is being offered to Labour School participants. Attendees will use the group code "7760645" to identify they are with the school. Individual call-in reservations can be made directly through the Hotel, through the toll-free reservations telephone line 1-800.663.1144, or through the hotel website (coasthotels.com).

The deadline for the room group discount is Aug 17, 2026.

To register, visit: [REGISTRATION LINK](#)

The deadline for registration and refunds is Friday, August 28, 2026. We expect this course to fill up quickly and encourage affiliates to register early. Attached is a [poster](#) which can be circulated amongst your membership.

If you have any questions, please do not hesitate to contact our office at 604-430-6766.

In solidarity,



Orion Irvine
Regional Director
Canadian Labour Congress Pacific Region

Enclosure

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