

My dear fellow nurses and colleagues,

One nurse to another,
How many times have you gone home exhausted and thought, "Something has to change"?

Short staffing.

Heavy workloads.

Missed breaks.

Burnout.

And too often, feeling like nobody is listening.

I've seen it. I've felt it. And I know you have too.

That's why I'm asking for your support and your vote in upcoming ONA election- Lata Khanal for Vice President of Workload (CVH) & Vice President of Human Rights & Equity.

We deserve safe workloads, respect, fairness, inclusion, and a voice that is actually heard.

Your voice shouldn't stop at the bedside.

I will carry it forward!

But I need your help.

Please vote for me (in person) on September 27th-28th, and please share this message personally with your nursing colleagues and friends.

Text in your personal groups.

Talk about it.

One vote matters.

One voice matters.

One conversation matters.

Together, our voices can no longer be ignored.

Stand with me.

Speak up.

Let's make things better for every nurse.

VOTE - LATA KHANAL

for:

-VP of WORKLOAD (CVH)

-VP of HUMAN RIGHTS AND EQUITY

(Please scan QR code for more election details)

In fierce solidarity with the scrubs,

Lata Khanal, RN

Trillium Health Partners



ONTARIO
NURSES'
ASSOCIATION

VOTE

LATA KHANAL

FOR



VICE PRESIDENT

WORKLOAD

(Credit Valley Hospital)



VICE PRESIDENT

HUMAN RIGHTS & EQUITY

WHY VOTE FOR LATA?



**A STRONGER VOICE
FOR NURSES**

Advocating for safe
workloads, better staffing and
a healthier work environment.



CHAMPION FOR EQUITY

Promoting inclusion, respect
and equal opportunities for
all nurses.



**REAL EXPERIENCE,
REAL UNDERSTANDING.**

A nurse who listens,
cares and takes action.



**BUILDING A STRONGER
ONA COMMUNITY**

Transparency, collaboration and
positive change for a safer, fairer
and more supportive workplace.



*You Speak
I Listen
We Act*

*Advocacy
Equity
Respect
For Every Nurse*

*I know the
work we do.
I hear the
struggles.
I'll fight for
change.*

SCAN HERE
FOR MY DETAILS



Save My Contact



**SAFE
WORKLOADS**



**EQUAL
RIGHTS**



**FEARLESS
ADVOCACY**



647-740-5610



lata.khnl@gmail.com

**Want
Change?**

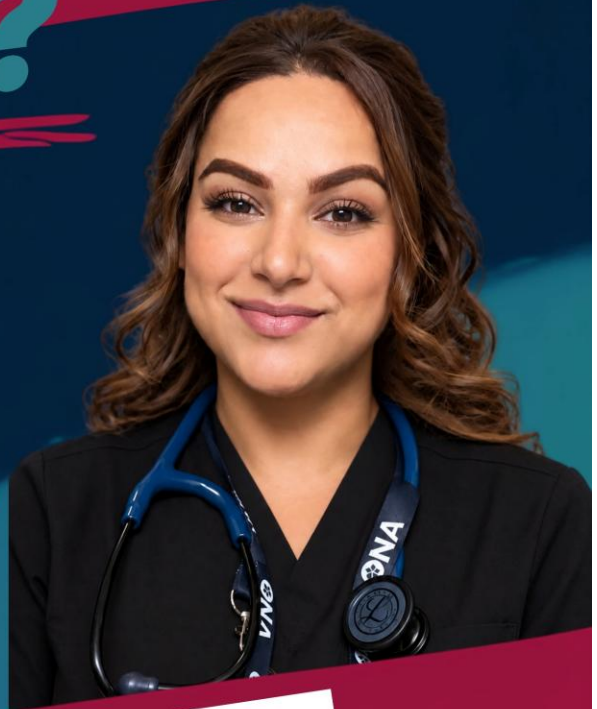
**Don't
just talk
about it.**

LATA KHANAL

for:

VP Workload- CVH

VP Human Rights and Equity



VOTE

September 27 (RCC)
September 28 (CVH, Qsite, Msite)

ONA

ONTARIO
NURSES'
ASSOCIATION

*Your voice shouldn't
stop at the bedside.
I'll carry it forward.*



ONA ELECTION DAY

Your Voice. Your Choice. Your Rights.

TIME & PLACE OF ELECTION:



Sunday, September 27, 2026, at RCC Sites

- RCC Humber - Boardroom 0800-1200
- RCC-UHN - 2nd Floor Conference Room 1400-1800



Monday, September 28, 2026, at CVH, Q-Site, and M-Site

- CVH site
MRT(T)s — 4F122, 4th Floor 0800-1800
Nurses & NPs — Boardroom, 4th Floor 0700-2000
- Qsite and McCall — Boardroom, Main Floor 0700-2000
- Msite — Front Porch, Ground Floor 0700-2000



VOTE

Don't let someone else decide for YOU!

LATA KHANAL

FOR:

- VP WORKLOAD- CVH
- VP HUMAN RIGHTS AND EQUITY



LATA KHANAL

CANDIDATE FOR VP OF WORKLOAD - CVH
CANDIDATE FOR VP OF HUMAN RIGHTS & EQUITY

ABOUT ME

I am a dedicated Registered Nurse with more than eight years of experience at Trillium Health Partners. Through my work with the Clinical Resource Team, I have had the opportunity to work across many different departments and care settings alongside many incredible fellow nurses. This experience has helped me understand the realities we nurses face every day, the pressures that come with changing workloads and the importance of teamwork, respect and a supportive workplace. As a charge nurse in ED-Flex /inpatient care settings, I have always advocated for safe nursing workloads and respectable work environment, and I commit to doing the same for all nurses throughout THP.

WHY I AM PUTTING MY NAME FORWARD

Nurses deserve to be heard before problems become crises. We deserve safe workloads, fair treatment, respect and a representative who will listen, follow through and speak up when it matters.

SAFE WORKLOADS & STAFFING

I will advocate for **safe, manageable workloads, appropriate staffing** and the resources nurses need to provide quality patient care. I will listen to workload concerns, support proper documentation and follow up on unresolved issues.

HUMAN RIGHTS & EQUITY

I will stand against **discrimination, harassment, bullying and inequity**. Every member deserves dignity, inclusion, fairness and equal opportunity in the workplace.

STRONG ADVOCACY

Advocacy means more than listening. It means **following through**. I will work with members, union leadership and the employer to identify concerns, pursue practical solutions and escalate issues when necessary.

FROM INDIVIDUAL CONCERNS TO LASTING CHANGE

I will look beyond individual complaints to recognize recurring and systemic issues. My goal is to help achieve **lasting improvements** rather than temporary fixes.

WHAT YOU CAN EXPECT FROM ME

Listen. I will be accessible and approachable. **Speak Up.** I will raise concerns and advocate firmly.

Follow Through. I will work toward practical solutions and accountability. **Protect Fairness.** I will respect confidentiality and treat every member with dignity.

MY PROMISE

I will bring **fairness, compassion, transparency and determination** to this role. I will work to ensure every member knows their voice matters.

Sincerely,

Lata Khanal

Candidate for VP of Workload - CVH & Candidate for VP of Human Rights & Equity

lata.khnl@gmail.com • 647-740-5610