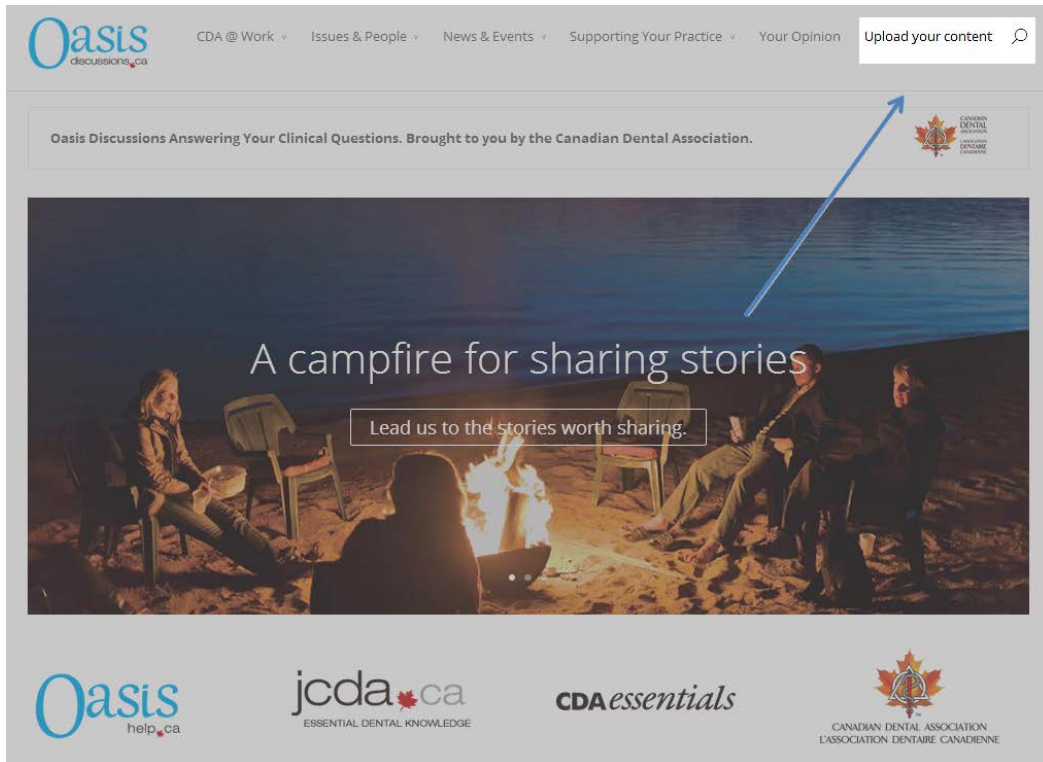


Instructions File: Upload Your Content to Oasis Discussions

Click the link at the top of the page or go to <http://www.oasisdiscussions.ca/upload-your-content/>



Complete the form and click **Choose File**

Oasis discussions.ca CDA @ Work Issues & People News & Events Support

Upload your content

Submit a new post

Title

Post content or file description

Author (email)

Your Media Files

No file chosen

Select the file you would like to upload and click **OK**.

Click **Submit** and your content will be uploaded to our site.

Notes

- You can upload most types of media, such as text, pictures, video, and audio formats.
- Once uploaded, your content will **NOT** automatically be displayed on our website. All content will be reviewed prior to publication.
- It is important to leave your email address. However, be assured that your email **WILL NOT BE SHARED WITH ANY THIRD PARTY**. Your email address will allow us to notify you that we received your content and to follow up with you, if we have questions.
- Your content will be published under your name unless you indicate that you would like to remain **ANONYMOUS**.
- By uploading your content, you grant CDA the right to publish it in our various publication vehicles.

If you have any questions or concerns, please contact us at oasisdiscussions@cda-adc.ca