

Drop-in virtual wellbeing practice sessions for staff and leaders

The Provincial Wellbeing Team is pleased to announce the next series of virtual drop-in wellbeing practice sessions for staff and leaders.

These short, informal, **15-minute** drop-in sessions provide a supportive safe space to practice mindfulness techniques, stress management tools, and self-care strategies in a peer-supported environment. Whether you only have a few minutes or can stay for the full session, you're welcome to come as you are and stay for as long as your schedule allows. These sessions are offered virtually.

- Apr 2 at 10 a.m. & 2 p.m. – Meal-Prepping and Mindfulness – Nourishing Your Body and Mind
- Apr 9 at 10 a.m. & 2 p.m. – Name, Claim & Reframe: Personal Stress Tool
- Apr. 16 at 10 a.m. & 2 p.m. – Connecting with Nature
- Apr. 23 at 10 a.m. & 2 p.m. – Moral Distress Part 2
- Apr. 30 at 10 a.m. & 2 p.m. – Daily Intentional Planning

[Join the meeting now](#)

Session Details:

Apr 2: Meal-Prepping and Mindfulness – Nourishing Your Body and Mind

Understand how mindful meal-prepping can reduce stress, support well-being, and simplify healthy eating. The session will introduce practical meal-prep strategies alongside a brief mindfulness exercise to encourage a more intentional approach to food planning.

Apr 9: Name, Claim & Reframe: Personal Stress Tool

This session looks at stress tools that can help develop skills to identify and manage responses to everyday stressors. Through guided reflection and a brief activity, participants will leave with a practical technique they can use daily to build resilience and navigate challenges more effectively.

Apr 16: Connecting with Nature

Being outdoors has been shown to positively impact our mental health and wellbeing. Come learn about the mental and emotional benefits of getting outside and connecting with nature. We will end the session with a wellbeing practice.

Apr 23: Moral Distress Part 2

In this session we will discuss common symptoms of moral distress and practical, healthy ways to reduce and manage those symptoms. The session will conclude with a reflection to encourage participants to consider their own experiences and explore ways to navigate moral distress in their roles.

Apr 30: Daily Intentional Planning

Learn how brief daily planning can enhance reflection, track progress, and keep you aligned with your goals. The session will conclude with a mindful practice to set your personal intention for the day.

About the Provincial Wellbeing Team

The mission of the Provincial Wellbeing Team is to ensure the health and wellbeing of staff is at the heart of a responsive health-care system that meets the diverse needs of all Manitobans. Together with partners throughout the health care system, the team is working to co-create a culture of workplace wellbeing, where our daily practices instill a sense of belonging, psychological safety, and meaningful connection.

Meet our Wellbeing Leaders:

Provincial Wellbeing Leaders will facilitate each session. Wellbeing Leaders work closely with regional partners across the province to deliver direct support to staff and leaders including psychological supports, trauma-informed education, and wellbeing initiatives that are tailored to local needs. By working collaboratively across regions, they will help to increase the capacity of the entire system to deliver comprehensive wellbeing services. A key part of their role is to strengthen provincial capacity to respond to crises, promote recovery, and ensure that all staff have access to mental health resources.

Caprice Kehler has spent the past 20 years with the Norwest Co-op Community Health working as a Community Facilitator. In that role she was able to focus on community development, partnership development, and facilitating capacity building projects with the community. She also developed and led the Community Trauma Response Team.

Chelsea McClelland is a social worker with a background in community health, specializing in outreach work, addictions, mental health, and family violence. With extensive experience working with various populations, she has most recently served as a counselor and peer wellness facilitator in post-secondary education, promoting mental health and wellness on campus while helping students navigate their challenges.

Christa Veitch has a background in health promotion, health and wellness education, and resource development. She has spent 11 years working as a Health Promotion Coordinator in PMH and recently finished a one-year term as a Mental Wellness Program Facilitator, focusing on employee wellness and enhancing workplace culture.

Claire McCannell is a Psychiatric Nurse with a Masters in Counselling Studies and has spent 17 years working in the mental health field. Claire is passionate about Critical Incident Stress Response and Trauma Informed Care.

Jessica Morgan is a trained Primary Care Paramedic with a background and Masters degree in Education. She has dedicated the past 12 years to emergency medical services (EMS), serving as both a Paramedic and a Quality Officer.



Ogai Sherzoi has a background in social work and she has spent over 17 years working in the social services field, health-care system, and health research – with a focus in the areas of mental health and addictions, and trauma-informed care.

Terry Johnston has a background in Marriage and Family Therapy and Executive Coaching. She has significant experience working with Employee Assistance Programs (EAP) with Manitoba Blue Cross, federal government, and in Organizational Development with the Winnipeg Regional Health Authority (WRHA).

If you have any further questions, please contact the Provincial Wellbeing Team at **1-844-820-2010 (toll free)** or **204-926-9040**.