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

These December sessions will mark the start of Winter offerings:

- December 3 at 10 a.m. – **Thinking Traps**
- December 10 at 10 a.m. – **Coping with the Holiday Season**
- December 17 at 10 a.m. – **Winter Wellness**
- December 31 at 10 a.m. – **Year-End Pause & Reset**

Join the meeting now

To access previously recorded wellbeing practices, visit: https://healthproviders.sharedhealthmb.ca/wellbeing-hub/practices/

SESSION DETAILS:

December 3: *Thinking Traps*

Thinking Traps. Join us for a session exploring common "thinking traps" that can impact how we feel and respond. We will share strategies to recognize and manage them – particularly helpful during the holiday season when stress and expectations can run high.

December 10: *Coping with the Holiday Season*

Coping with the Holiday Season. The holiday season is often a time of joy and gathering, but it can be a struggle for many. This session will discuss ways to cope with the holiday season and offer practical tips if this time of year might make you feel lonely, sad, stressed, or overwhelmed. The session will end with mindful practice.

December 17: *Winter Wellness*

Winter Wellness. With the change of season and the upcoming holidays, it can be easy to forget to take care of yourself. This session will focus on a reminder to 'take good care' of yourself and offer some simple ways to do so. It will also provide a framework to create a brief Winter Wellness plan during what may be a busy season.

December 31: *Year-End Pause & Reset*

Year-End Pause & Reset. This short session offers a brief pause to reflect on the past year, acknowledge what we've carried, and create a moment of grounding before moving forward. Through simple mindfulness practice, participants can release some of the year's weight and reset with clarity and steadiness.

About the Provincial Wellbeing Team

The mission of the Provincial Wellbeing Team is to prioritize the health and wellbeing of staff within a responsive healthcare system that addresses the diverse needs of all Manitobans. In collaboration with partners across the healthcare system, the team is co-creating a culture of workplace wellbeing where everyday practices foster 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 provide direct support to staff and leaders, including psychological assistance, trauma-informed education, and tailored wellbeing initiatives. By collaborating across regions, they will help increase the entire system's capacity to deliver comprehensive wellbeing services. A key part of their role is to strengthen provincial ability to respond to crises, promote recovery, and ensure 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 focused on community and partnership development and facilitated capacity-building projects with the community. She also developed and led the Community Trauma Response Team.

Sandra Tower-Pace is in Social Work and has over 10 years of experience in healthcare and mental health. Having worked in community, long-term care, and hospital settings, she has in-depth knowledge of the unique characteristics of these environments.

Jessica Morgan is a trained Primary Care Paramedic with a background in education and a Master's degree in the same field. She has spent the past 12 years in emergency medical services (EMS), working as both a Paramedic and a Quality Officer.

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

Amber-Lee Hamm has a background in social work, having previously worked in Community Corrections in Winnipeg, Selkirk, and remote First Nations communities in the North. For the past 5.5 years, she has worked in Crisis Services as a front-line Clinician, Team Leader, and interim Manager.

Linde MacDiarmid has spent 13 years working in healthcare, including roles as a Patient Services Manager at the Brandon Regional Health Center, Manager of Health Services – EMS Operations with Shared Health Emergency Response Services, and as a Paramedic and Crisis Worker. She has a background in Sociology and Paramedicine, holding a Bachelor of Arts and a Primary Care Paramedic diploma.

If you have any further questions, don't hesitate to contact the Provincial Wellbeing Team at **431-371-1895.** Or **1-844-820-2010 (toll-free).**