

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.

- Feb. 5 at 10 a.m. & 2 p.m. – Screen-time, Social Media and Wellbeing
- Feb. 12 at 10 a.m. & 2 p.m. – Mindful Movement
- Feb. 19 at 10 a.m. & 2 p.m. – Reducing Stigma
- Feb. 26 at 10 a.m. & 2 p.m. – An Introduction to Thinking Traps

[Join the meeting now](#)

Session Details:

Feb 5: Screen-time, Social Media and Wellbeing

Explore the impact of screen time and social media on mental health and wellbeing. Learn practical strategies to create healthier digital habits, set boundaries, and stay connected without feeling overwhelmed. Whether you're looking to reduce screen fatigue, improve focus, or cultivate a better relationship with technology, this session offers simple, effective ways to find balance in a digital world.

Feb 12: Mindful Movement

Mindful movement practice combines gentle, intentional physical movement with focused attention to the present moment. It encourages awareness of bodily sensations, breath, and movement patterns, fostering a deeper connection between mind and body. This practice promotes relaxation, reduces stress, and enhances overall well-being.

Feb 19: Reducing Stigma

Stigma plays a big role in individuals acknowledging and addressing mental health issues and accessing help. We all play a role in decreasing stigma, normalizing mental health issues and reaching out for support. Come learn about ways to decrease stigma and end the session with a wellbeing practice to take care of ourselves.

Feb 26: An introduction to Thinking Traps

Common thinking traps—such as all-or-nothing thinking and catastrophizing—can contribute to feelings of anxiety and depression. Learn how to recognize these unhelpful patterns and discover practical strategies to challenge and reframe them. By making small shifts in our thinking, we can reduce stress, build resilience, and support our mental wellbeing.

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.

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