

## 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.

- Jan. 8 at 10 a.m. & 2 p.m. – Mindful Reflections
- Jan. 15 at 10 a.m. & 2 p.m. – January Blues
- Jan. 22 at 10 a.m. & 2 p.m. – Mindfulness Practice on Setting Intentions for the New Year
- Jan. 29 at 10 a.m. & 2 p.m. – Mindful Body Scan

[Please click this link at the time of the session to attend.](#)

### Session Details:

#### Jan. 8: Mindful Reflections

Participants will have the opportunity to reflect on the past year. Writing down key experiences, lessons, and things they are grateful for, both positive and challenging. This process allows participants to step back and appreciate the fullness of their experiences, while also setting the stage for intentional growth in the year ahead.

#### Jan. 15: January Blues

January is the month of cold weather and dark mornings. January Blues can manifest as feelings of low mood, sadness, lack of motivation, low energy and feeling tired. Come take some time to learn about why January can be so challenging and some tips to take care of yourself during this potentially challenging month.

#### Jan. 22: Mindfulness Practice on Setting Intentions for the New Year

This guided mindfulness practice helps participants reflect on the past year with gratitude and focus on setting meaningful intentions for the year ahead. The session encourages clarity, presence, and alignment with personal values to inspire purposeful action.

#### Jan. 29: Mindful Body Scan

During this Mindful Body Scan, we will connect our mind and body by focusing on one muscle group at a time and slowly tensing then releasing the muscle. We will work our way through the entire body and take a few moments to enjoy the feeling of relaxation. This exercise helps lower overall tension and stress levels, can promote sleep and calm the mind.

## 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**.