

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.

- Mar. 5 at 10 a.m. & 2 p.m. – Gratitude Reflections in Honour of International Women's Day:
- Mar. 12 at 10 a.m. & 2 p.m. – Introduction to Moral Distress Part 1
- Mar. 19 at 10 a.m. & 2 p.m. – Spring Renewal Practice
- Mar. 26 at 10 a.m. & 2 p.m. – Connecting with Nature

[Join the meeting now](#)

Session Details:

Mar 5: Gratitude Reflections in Honour of International Women's Day:

Gratitude reflections are a powerful way to celebrate International Women's Day, by focusing on the women who have shaped our lives and the world around us. Reflecting on their impact can deepen our appreciation for their strength, wisdom, and contributions.

Mar 12: Introduction to Moral Distress Part 1

This session will introduce moral distress, including its definition and how it differs from other common workplace reactions, as well as its causes and impact on individuals and teams. The session will conclude with reflections to encourage participants to consider their own experiences and explore ways to navigate moral distress in their roles.

Mar 19: Spring Renewal Practice

This practice invites you to embrace the energy of spring—a season of renewal, growth, and possibility. By tuning into your senses and reflecting on change, you can cultivate a sense of presence, gratitude, and openness to new beginnings.

Mar 26: Connecting with Nature

March signals the arrival of warmer weather in many regions, bringing with it a chance for nature to awaken and flourish. This is the perfect opportunity to reconnect with the outdoors. In this session, participants will learn different mindful practices they can implement to deepen their connection with nature and fully embrace their surroundings.

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**.