

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.

In support of **Mental Health Week 2025** the Wellbeing Team will be hosting **30-minute** sessions throughout **May** on various mental health topics. Each session will start with education and end with a wellbeing practice. Whether you only stay for part of the session 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.

- May at 7 at 10 a.m. & 2 p.m. – Unmasking Mental Health: Mindfulness Practice
 - Click here for the [Canadian Mental Health Association Mental Health Week Toolkit](#)
- May 14 at 10 a.m. & 2 p.m. – Mental Health Literacy
- May 21 at 10 a.m. & 2 p.m. – Decreasing Stigma
- May 28 at 10 a.m. & 2 p.m. – Taking Care of Your Mental Health in the Workplace

[Join the meeting now](#) (click on the link at the time of the session)

Session Details:

May 7: Unmasking Mental Health: Mindfulness Practice

In recognition of Mental Health Week (May 5–11), join us for a reflective and supportive drop-in session exploring this year's theme from the Canadian Mental Health Association: *Unmasking Mental Health*. We'll talk about what it means to "mask," the stigma that often surrounds mental health, and how embracing vulnerability can help us connect more authentically with ourselves and others. The session will include discussion using [CMHA's Mental Health Week resources](#) and will close with a brief guided mindfulness practice.

May 14: Mental Health Literacy

Mental Health Literacy refers to the knowledge and understanding of mental health and wellbeing, enabling individuals to recognize, manage, and prevent mental health problems. With good mental health literacy, we can better care for ourselves and others. Come learn more and finish the session with a wellbeing practice.

May 21: Decreasing 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 way to decrease stigma and end the session with a wellbeing practice.

May 28: Taking Care of Your Mental Health in the Workplace

In this session we will discuss ways to take care of our own mental health in the workplace. Come learn about these different techniques, and also try a few of them out. 😊

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 healthcare system that meets the diverse needs of all Manitobans. Together with partners throughout the healthcare 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 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**.