

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 sessions in May and June promote and strengthen psychological health and safety this spring season.

- May 6 at 10 a.m. – **Psychological Safety**
- May 13 at 10 a.m. – **Burnout**
- May 20 at 10 a.m. – **Connecting with Nature for Wellbeing**
- May 27 at 10 a.m. – **Emotional Regulation in High Stress Moments**
- June 3 at 10 a.m. – **Grounding**
- June 10 at 10 a.m. – **Boundaries & Introspection**
- June 17 at 10 a.m. – **Windows of Tolerance**
- June 24 at 10 a.m. – **Social Connection**

[Join the meeting now](#)

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

SESSION DETAILS:

[May 6: Psychological Safety](#)

Psychological Safety: Promoting and strengthening psychological health and safety. This session will explore ways to respond early to support confidence, connection, and coping during difficult moments.

[May 13: Burnout](#)

Burnout: This session will discuss the definition and symptoms of burnout and how to navigate it with practical tips and strategies.

[May 20: Connecting with Nature for Wellbeing](#)

Connection with Nature for Wellbeing. Connecting with nature supports well-being by reducing stress, improving mood, and helping regulate the nervous system through simple sensory experiences. This session explores practical, accessible ways to incorporate nature into daily routines to enhance resilience and overall well-being.

[May 27: Emotional Regulation in High Stress Moments](#)

Emotional Regulation in High-Stress Moments: Join us for a 15-minute session on managing emotions during high-stress moments, designed for healthcare professionals. Learn how stress affects the brain and body, and gain simple, practical tools to stay steady and focused on challenging situations. The session will conclude with a brief guided grounding exercise you can use anytime.

[June 3: Grounding](#)

Grounding. What does it mean, look like, and how does it benefit our well-being?

[June 10: Boundaries & Introspection](#)

Boundaries & Introspection: The essence of boundaries and introspection with guided meditation. Join this session for a practice to self-reflect in six steps

[June 17: Windows of Tolerance](#)

Windows of Tolerance. This 15-minute session introduces the Window of Tolerance - the zone where we are best able to think clearly, cope well, and respond effectively to stress. We'll explore common signs of feeling overwhelmed or shut down when stress pushes us outside that window and share simple strategies to help return to balance and regulation in everyday life.

[June 24: Social Connection](#)

Social Connection. The importance of connecting with others and the impact on our health and wellbeing.

About the Provincial Wellbeing Team

The mission of the Provincial Wellbeing Team is to prioritize the health and well-being 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 in which 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 the province's ability 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 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.

Shantelle Rank is a Wellbeing Leader with the Provincial Wellbeing Team for Prairie Mountain Health. She has worked across various programs—including Psychosocial Rehabilitation, Employability Assistance, Intensive Case Management, Child and Family Services Mental Health, and the Community Addiction Response Team—and is part of the region's Critical Incident Stress Response Team. Shantelle is trained in Compassionate Inquiry, Beyond Addiction, Trauma and Somatics, and has completed over 300 hours of trauma-informed yoga teacher training.

If you have any further questions, please contact the Provincial Wellbeing Team on **431-371-1895**. Or **1-844-820-2010 (toll-free)**.