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 November and December sessions will invigorate our minds, sharpen our focus, and help us let go and welcome change as we approach winter.

- November 4 at 10 a.m. – **Tackling Counseling Myths**
- November 18 at 10 a.m. – **Boundaries**
- November 25 at 10 a.m. **– The BETR Model**
- December 2 at 10 a.m. – **Choice over Habit**
- December 9 at 10 a.m. – **Holiday Wellness**
- December 16 at 10 a.m. **– Shaping the Nervous System**
- December 23 at 10 a.m. – **Two Truths: Holding space for multiple experiences**
- December 30 at 10 a.m. – **Pause, Reflect & Reset**

Join the meeting now

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

SESSION DETAILS:

November 4: Tackling Counseling Myths

Tackling Counseling Myths. Explore common myths and misconceptions about counseling and what counseling can offer. We'll end up with a brief guided mindfulness meditation to pause, reflect, and reset.

November 18: Boundaries

Boundaries: The invisible lines that protect our time, energy, and well-being, but can be hard to define and uphold. Join us as we explore what boundaries are, why they matter, and how to start setting them with clarity and compassion.

November 25: The BETR Model

The BETR Model: The Body, Emotions, Thoughts, and relationships involved in how we process mental distress and potentially traumatic exposures. This increases our understanding of both our mental and physical responses to mental stressors and how certain activities can mitigate or build resilience.

December 2: Choice over Habit

Choice over Habit: A nonjudgmental, practical session giving you useful tools to understand and reduce alcohol or cannabis use if you'd like to (or to get some information to share with those you care about)

December 9: Holiday Wellness

Holiday Wellness: The holidays can be a challenging time of year, bringing a mixture of emotions and expectations. Join us as we explore different strategies to support our own wellness during this busy time of year.

December 16: Shaping the Nervous System in Finding Glimmers

Shaping the Nervous System in Finding Glimmers: an exercise to be intentional in searching for micro-moments. A session to ignite a new level of autonomic awareness for the winter season.

December 23: Two Truths: Holding space for multiple experiences.

Two Truths: Holding space for multiple experiences. Exploring the idea of holding space for multiple experiences and feelings during the holidays.

December 30: Pause, Reflect, Reset

Pause, Reflect & Reset: A 15-Minute Year-End Check-In - A brief virtual wellbeing session to pause after a busy year, reflect on what helped you through it, let go of what you don't want to carry forward, and identify one small thing you want more of in the year ahead.

About the Provincial Wellbeing Team

The Provincial Wellbeing Team's mission is to prioritize staff health and well-being 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 workplace wellbeing culture where everyday practices foster 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 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 community capacity-building projects. She also developed and led the Community Trauma Response Team.

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.

Amber-Lee Hamm has a social work background, 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 Prairie Mountain Health's Provincial Wellbeing Team. 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.

Alison Daily. My background is in Occupational Therapy, and I have extensive experience as a community mental health worker. Throughout my career, I've been passionate about partnering with individuals, families, and services to support mental health recovery, promote independence, build community connections, and increase access to services.

Shon Ilett. My background is in paramedicine and psychology, with a Master of Business in Health Administration and a Bachelor of Science in Biopsychology. I spent 12 years with British Columbia Emergency Health Services as a paramedic, educator, and manager across BC, including Vancouver Island, the Lower Mainland, and the Okanagan.

Alyssa McAlpine is a Wellbeing Leader supporting the Interlake Eastern Regional Health Authority. Alyssa is a Registered Social Worker with a background in social services, including Victims Services, domestic violence shelter, and Community Mental Health Services (Crisis Services, Child & Adolescent, Adult, and Brief Treatment). With a Bachelor of Social Work and a Master of Arts in Counseling Psychology, Alyssa has extensive experience providing mental health counseling and psychotherapy across the lifespan and has a special interest in the treatment of trauma.

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