

## 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 March and April will boost energy, optimism, and motivation as we face the Spring season.**

- March 4 at 10 a.m. – **Tackling Counselling Myths**
- March 11 at 10 a.m. – **What is Wellness?**
- March 18 at 10 a.m. – **Compassion Fatigue**
- March 25 at 10 a.m. – **Moral Injury**
- April 1 at 10 a.m. – **Humorous Coping & Resilience**
- April 8 at 10 a.m. – **Mental Health Continuum**
- April 15 at 10 a.m. – **Spring into Action**
- April 22 at 10 a.m. – **Let's Talk: Low Mood and Depression**
- April 29 at 10 a.m. - **Stigma**

## [Join the meeting now](#)

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

### SESSION DETAILS:

#### [March 4: Tackling Counselling Myths](#)

**Tackling Counseling Myths** – Myths about counseling can discourage people from seeking help. This session will cover common misconceptions, explain what counseling is and isn't, what to expect, and how to find a counselor.

#### [March 11: What is Wellness?](#)

**What is Wellness?** A dive into understanding a term we frequently use around health and self-care.

#### [March 18: Compassion Fatigue](#)

**Compassion Fatigue.** Caring for others can be exhausting over time. This session provides a brief, useful overview of compassion fatigue in healthcare and offers simple strategies to support your wellbeing.

### [March 25: Moral Injury](#)

**Moral Injury.** Participants will learn how it differs from burnout, reflect on values-based challenges in their work, and begin to explore practical strategies for supporting resilience and self-compassion.

### [April 1: Humorous Coping & Resilience](#)

**Humorous Coping & Resilience.** Teaches techniques to reframe situations and create psychological distance from stressors.

### [April 8: The Mental Health Continuum](#)

**The Mental Health Continuum** illustrates that mental health exists on a spectrum, from feeling healthy and managing well to facing significant challenges. It helps us spot changes early, normalize shifts along the spectrum, and act before problems worsen. By attending this session, you'll gain greater self-awareness, a simple tool for daily check-ins, and practical steps to support your own wellbeing and that of your colleagues.

### [April 15: Spring into Action](#)

**Spring into Action.** Tips and strategies for maintaining your well-being while caring for others.

### [April 22: Let's Talk: Low Mood and Depression](#)

**Let's Talk: Low Mood & Depression.** This session will explain what low mood and depression mean, including the signs and symptoms. It will also cover ways to manage depression. The session will conclude with a mindfulness activity.

### [April 29: Stigma](#)

**Stigma.** Join us for a reflective wellbeing session exploring the impact of stigma on individuals experiencing mental illness – its roots, effects, and the various areas it influences. Together, we will discuss practical strategies to reduce stigma and finish with a brief mindfulness exercise.

### **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 where 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 provincial 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 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)**.