

MEMO

Date: October 28, 2020

To: All Service Delivery Organization Staff

From: Ben Fry, Interim Chief Operations Officer, Mental Health and Addictions
Dr. Jitender Sareen, Provincial Specialty Lead for Mental Health and Addictions

Re: REGISTER NOW! Staying Grounded During COVID-19: Staff Health & Wellness Booster Sessions November 2020

COVID-19 has challenged health system workers to change how we conduct ourselves in the workplace, our homes and our social connections. These changes can sometimes feel overwhelming.

To support health system workers, Shared Health and our Psychological Health & Safety Committee partners have brought together skilled trainers from across the province to facilitate a number of Staff Booster Sessions.

The Staff Booster Sessions are short, timely and relevant presentations designed to fit busy schedules. The sessions are approximately 20 minutes in length and will include topics such as stress management, self-care, and dealing with uncertainty. Booster Sessions will be made available at various times weekdays and weekends to ensure staff from across the province are able to attend. Booster Sessions will be recorded and later made available as a streaming video on demand.

The first Staff Booster Sessions begin in just three weeks!

REGISTER NOW! Staying Grounded During COVID-19: Staff Health & Wellness

Session Dates:

Monday, November 16 at 12:30 PM -

<https://attendee.gotowebinar.com/register/5794601511148667152>

Thursday, November 19 at 4:00 AM -

<https://attendee.gotowebinar.com/register/2800290500111668495>

Wednesday, November 25 at 2:00 PM -

<https://attendee.gotowebinar.com/rt/5291631016535712015>

Saturday, November 28 at 12:30 PM -

<https://attendee.gotowebinar.com/register/3783618933203883791>

Presenter:



Karen Kyliuk BSW, RSW

Session Description:

This session will highlight simple strategies to enhance our ability to focus, to keep things in perspective and to stay grounded as we face the challenges of COVID-19. Participants will be guided through Grounding Techniques that can be used during pressure moments at work or at home to refresh, refuel and re-set throughout the day.

Presenter Bio:

Karen Kyliuk is a Registered Social Worker with a Bachelor of Social Work from the University of Manitoba. Her background includes 30 + years working in the mental health field in various roles, with the last 20 years in Mental Health Promotion at the Winnipeg Regional Health Authority. She has been a columnist for both WAVE magazine and the Winnipeg Free Press Balance column on a variety of topics promoting positive mental health. Karen is passionate about promoting mental health and well-being and resilience at a population level.

For further information, please contact Daniel Dacombe at ddacombe@afm.mb.ca.