

MEMO

Date: December 14, 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! Taking action, moving towards change: Coping during a Pandemic

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 into busy schedules. Between 15 and 20 minutes in length, topics will include stress management, self-care and dealing with uncertainty. Booster Sessions are available at specific times throughout the week to ensure staff from different agencies, even staff on overnight shifts, are able to attend. Booster Sessions will be recorded and later made available as a streaming video on demand.

New Staff Booster Sessions begin shortly – register now!

Session Dates:

Monday, January 11, 2021, 12:30pm
[REGISTER NOW!](#)

Saturday, January 16, 2021, 2:00pm
[REGISTER NOW!](#)

Tuesday, January 19, 2021, 4:00am ([overnight session for night staff](#))
[REGISTER NOW!](#)

Friday, January 22, 2021, 12:30pm
[REGISTER NOW!](#)

Presenter:

Sheri Lysy-Sigurgeirson, Prevention Education Consultant, Addictions Foundation of Manitoba



Session Description:

With some self-care opportunities not readily available to us, we may be leaning towards different ways of coping. Substance use trends are on the rise. Gaming systems sell out in minutes. Television binge watching marathons are the new norm. Door to door delivery people greet us by name. This presentation will focus on healthy coping with an emphasis on allowing ourselves grace and patience as we live through a pandemic.

Presenter Bio:

Sheri Lysy-Sigurgeirson has been a public educator at the the Addictions Foundation of Manitoba for 12 years. During this time, Sheri has worked in the Youth, Women's and Family Units. Sheri has travelled the province delivering information about addiction issues.

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