



WELLNESS ROUNDS 2025–2026

Fridays • 12:00–13:00 CT • Third Friday monthly (starting November 2025)

Sponsored by Department of Psychiatry, Max Rady College of Medicine, Shared Health, Doctors Manitoba, CBTm Hub – www.cbtm.ca

Date	Title	Speaker
Nov 21, 2025	The Science of Happiness, Part I: Foundations of Well-Being	Dr Gillian Mandich
Dec 19, 2025	The Science of Happiness, Part II: Evidence-Based Strategies for Enhancing Well-Being	Dr Gillian Mandich
Jan 16, 2026	Work/Life Balance	Dr Krystal Thorington
Feb 20, 2026	Mindfulness and Self-Compassion	Dr. Jitender Sareen
Mar 20, 2026	CBT for Stress Management – the Basics	Dr Tanya Sala
Apr 17, 2026	CBT for Stress Management – Anxiety and Mood	Dr Tanya Sala
May 15, 2026	Managing Perfectionism	Dr Tanya Sala
Jun 19, 2026	Assertiveness, Managing Conflict	Dr Tanya Sala
Jul 17, 2026	CBT-I (CBT for Insomnia)	TBD
Aug 21, 2026	CBT-I #2	TBD

After participating in one or more of the sessions, participants will have an increased ability to:

1. Recognize patterns of thoughts, behaviour, and emotion, and identify helpful and unhelpful patterns.
 2. Challenge unhelpful patterns of thoughts, behaviour, and emotion that increase emotional suffering.
 3. Use cognitive, behavioural, and mindfulness skills to manage life stresses at work and at home.
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