INVITATION TO JOIN OUR NEXT ‘FACULTY HELPING FACULTY’ DROP-IN SESSION, Wednesday April 15th, 3.30-4.30pm

TOPIC: PSYCHOLOGICAL FIRST AID: Tools to help yourself and help each other

Dear Faculty Colleagues and Friends,

We hope you enjoyed our first drop-in session last week where we discussed ways of helping our graduate students stay connected and engaged during this challenging time. A summary of the suggested strategies from this session is available on the Academic Affairs website at: https://www.mcgill.ca/medicine-academic/about/special-notices-covid-19-updates

We invite those of you who are available to join us for our next drop-in session tomorrow, Wednesday April 15th from 3.30-4.30pm, where we will be discussing the important topic of Psychological First Aid. Dr. Lisa Koski (Scientist, RI-MUHC Brain Repair and Integrative Neuroscience (BRAiN) Program, Centre for Innovative Medicine, Associate Professor, Dept. of Psychology), will give a short presentation on the topic. Following a time for Q&A, there will be small break-out group discussions to share experiences peer-to-peer, and a wrap-up to summarize what we have learned from each other.

Community, creativity and collective wisdom will help us all through this difficult time. For those unable to join these meetings, we will be continuing to post key take-home points online as well.

The Zoom link to these drop-in sessions is: https://mcgill.zoom.us/j/218454532

Upcoming Topics:
April 22nd: Research Productivity without Data!
April 29th: Ramping up? Longer-term planning for research and teaching

Talk to you soon. Stay safe.

Anne, John, Michelle, Miriam, Lia, Nicole, Lesley

Telemachus Scholars Program Steering Committee: Dr. Anne McKinney, Dr. John Orlowski, Dr. Michelle Elizov, Dr. Miriam Boillat, Dr. Lia Sanzone, Dr. Nicole Li-Jessen, Dr. Lesley Fellows