

JANUARY 2023

# THE WELL OFFICE NEWSLETTER

for Learners from  
ISoN, SPOT, and SCSD

RESILIENCE

COPING

OPTIMISM

GUIDANCE

LISTENING

PROBLEM SOLVING

HEALTHY  
LEARNING

COUNSELLING

TOOLS

CONFIDENTIALITY

SKILL BUILDING

SUPPORT

STRATEGIES

REFLECTION

CRITICAL THINKING

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**McGill**

Faculty of  
Medicine and  
Health Sciences

Faculté de  
médecine et des  
sciences de la santé

# A MESSAGE FROM THE ASSISTANT DEAN, STUDENT AFFAIRS



Welcome Back Learners,

It is the start of a new year and a new semester. On behalf of myself and the WELL Office Team, we want to wish you much success in your upcoming academic semester and/or clinical rotations.

We know that you are working hard in your training to become the next generation of healthcare professionals, educators and scientists. We want to remind you that the WELL Office is here for you.

If you are overwhelmed, experiencing academic difficulty, in need of guidance, or experiencing issues in the academic or clinical learning environments, please make an appointment as early as possible and prioritize your well-being. Being proactive is key.

For personal one-on-one confidential counselling sessions, please book an appointment with one of our Wellness Consultants/Counsellors via their direct link on [our website](#). or call for an appointment at (514) 398-5836. We offer both in-person and virtual counselling appointments.

If you are experiencing challenges or difficulty in the learning environments (clinical and/or academic) and require guidance, please contact Prof. Deborah Friedman, Assistant Dean, Student Affairs for the Schools of Physical & Occupational Therapy, Ingram School of Nursing, and School of Communication Sciences & Disorders at [deborah.friedman@mcgill.ca](mailto:deborah.friedman@mcgill.ca). To learn more about the WELL Office, please visit our [website](#).

Wishing you a successful, happy, healthy semester filled with interesting opportunities and experiences!

Sincerely,

***Professor Deborah Friedman BSc pht MMgmt***

Assistant Dean Student Affairs, Faculty of Medicine and Health Sciences

Associate Professor Department of Pediatrics & Pediatric Surgery

Co-Director, The WELL Office (Wellness Enhanced Lifelong Learning)

Faculty of Medicine, McGill University

**Email: [deborah.friedman@mcgill.ca](mailto:deborah.friedman@mcgill.ca)**

# WELL OFFICE SERVICES:

The WELL Office is offering services both remotely and in-person to learners from ISoN, SPOT, and SCSD.

To schedule **a virtual or in-person counselling appointment** with our Wellness Consultants, please do so via the MS Bookings links below.

You can also book using our website



Alissa Vincenti, M.A.,  
C.C.C.

**Book an Appointment**

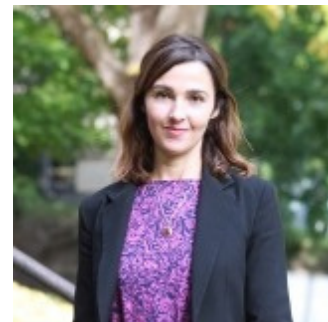
Tues, Wed. & Fri: 9am to 5pm  
Mon & Thur: 12-8pm



Mélina Kannan, M.Ed.

**Book an Appointment**

Tues & Fri: 9am to 5pm  
Wed: 12-8pm



Nicole-Ann Shery, M. Ed.,  
c.o., Psychotherapist (OPQ)

**Not accepting new  
clients**

Tues: 12-8pm

**IF YOU ARE HAVING DIFFICULTY FINDING AN APPROPRIATE TIMESLOT, PLEASE CONTACT THE WELL OFFICE AT 514-398-5836 OR THEWELLOFFICE@MCGILL.CA AND WE WILL DO OUR BEST TO ACCOMMODATE YOU.**

If you are in need of academic guidance, are experiencing difficulties in the academic/clinical learning environments, please contact Prof. Deborah Friedman, Assistant Dean Student Affairs at [deborah.friedman@mcgill.ca](mailto:deborah.friedman@mcgill.ca)

**To access other wellness resources, visit the WELL Office [Resources](#) tab**

# THE WELL OFFICE

Meredith Annex, 3708 Peel Street  
Montréal (Québec) H3A 1W9

|                                |   |
|--------------------------------|---|
| <b>Who we serve:</b>           | Learners from ISoN, SPOT, SCSD, UGME, PGME  |
| <b>Services and Resources:</b> | Counselling, academic and clinical learning environment guidance, support groups, Wellness Curriculum sessions, and inter-professional learner activities and committees                                      |
| <b>Website:</b>                | <u>WELL Office website</u>  |
| <b>Booking Method:</b>         | <p><u>Online booking</u> (self- managed appointments).</p> <p>If an urgent appointment is needed, CALL to complete an urgent assessment form, or you are having difficulties booking online: 514-398-5836</p> |

## **Also available to learners**

Medical appointments (Nurse, Family Physician, Psychiatrist, Nutritionist and other professionals), Counselling and workshops and other health promotion services at the Wellness HUB



# Academic Resources

**Four Stages of  
Studying.**

**Exam  
Preparation**

**Time  
management  
tips**

**Writing  
Strategies**

**Stress  
Management  
Tips**

**Presentation  
Skills Training  
Series**

# Student Accessibility & Achievement

Student Accessibility and Achievement works with students who have documented disabilities, mental health conditions, chronic health conditions, or other impairments. These may be temporary, permanent, or episodic. We encourage all students to [book an appointment](#) with an Access Services Advisor to discuss your barriers and to determine what resources or accommodations will help to make your time at McGill a success.

If you do not have documentation outlining your disability, our office would encourage you to ask your health professional to complete the [Student Accessibility & Achievement Referral Form](#) if you wish to register.

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## OFFICE FOR RESPECTFUL ENVIRONMENTS



***The Office for Respectful Environments (ORE)*** is responsible for the intake of mistreatment reports in clinical learning environments, triaging mistreatment reports and monitoring their progress. The ORE also works to meet University and Faculty goals of maintaining respectful learning environments that reflect the principles set out in the Faculty of Medicine and Health Sciences' Code of Conduct and expected levels of professionalism.

***Should you choose to submit an incident report of mistreatment, please explore your [reporting options](#) on the ORE website.***

# WELL OFFICE SUPPORT

*Click on any title or picture below*



The WELL Office  
Podcast



Self-Compassion  
Break



Yoga & Meditation



Anti-Racism & Coping



Wellness Resources



Using your Senses to  
Experience Joy.



New WELL Office  
Curriculum



Request a group  
experiential session

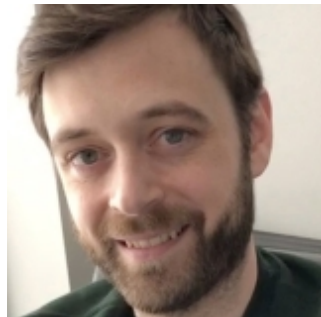
# THE FACULTY OF MEDICINE AND HEALTH SCIENCES WELL OFFICE TEAM FOR ISoN, SCSD, SPOT



**Prof. Deborah Friedman**  
Assistant Dean, Student Affairs



**Kathryn Wiens**  
Operations Manager



**Gib Primeau**  
Project Administrator



**Susan Begg**  
Administrative Coordinator



**Alissa Vincenti**  
Wellness Consultant



**Mélina Kanaan**  
Wellness Consultant



**Nicole-Ann Shery**  
Wellness Consultant