

WINTER, JANUARY 2021

THE WELL OFFICE NEWSLETTER

for Learners from
ISoN, SPOT, and SCSD

WHAT'S INSIDE

2 - MESSAGE FROM THE
ASSISTANT DEAN,
STUDENT AFFAIRS

3 - WELL OFFICE
SERVICES - REMOTE
ACCESS

4 - FREE COUNSELLING
RESOURCES

5 - NEW! WELL OFFICE
UPCOMING EVENTS

6 - THE WELL OFFICE
PODCAST

7 - MEET YOUR LESA'S

8 - LEARNER ART
MAGAZINE



WELCOME BACK!



McGill

Faculty of
Medicine and
Health Sciences

Faculté de
médecine et des
sciences de la santé

A MESSAGE FROM THE ASSISTANT DEAN, STUDENT AFFAIRS



Dear ISoN, SPOT, and SCSD Learners,

Welcome back! Wishing everyone good luck, good health, success, and hopefully a return to normalcy in the upcoming year.

While many of you may have experienced hardship and struggle in 2020, you've nevertheless demonstrated resilience, strength, reflection, innovation, and creativity in finding new ways to adapt, thrive, connect and support others.

We thank you for your participation in our different surveys in which you shared important feedback and ideas. We are always seeking new and innovative ways to support you through your journey to becoming healthcare professionals, educators and scientists.

We want to ensure that you are aware of how to reach the Faculty of Medicine & Health Sciences WELL Office virtually. You can check out [our website](#) or call (514) 398-5836 for more information.

I encourage you to look through our newsletter to find events and a wide assortment of resources that are available to you.

All the very best to everyone!

Sincerely,

Professor Deborah Friedman BSc pht MMgmt

Assistant Dean Student Affairs, Faculty of Medicine and Health Sciences
Associate Professor Department of Pediatrics and Pediatric Surgery

Co-Director

The WELL Office (Wellness Enhanced Lifelong Learning)

Bureau SOURCES (Soutien et ressources-conseils aux études en santé)

Faculty of Medicine and Health Sciences

deborah.friedman@mcgill.ca

WELL OFFICE SERVICES FUNCTIONING REMOTELY!

The WELL Office continues to offer services remotely to learners from ISoN, SPOT, and SCSD.

To schedule **a virtual or phone counselling appointment** with one of our Wellness Consultants, please do so via the MS Bookings links below:



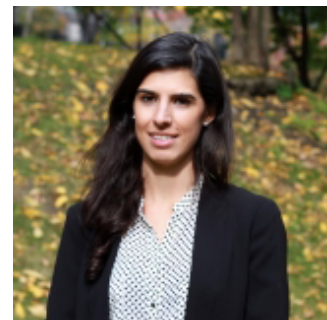
Emily Wasylenko, MA
Psychologist, CCC
Wellness Consultant

Book an Appointment



Nicole-Ann Shery, M.Ed.
c.o., Psychotherapist
Wellness Consultant

***Returning from maternity
leave in March 2021***



Camila Velez, M.A.
Canadian Certified
Counsellor (CCC)

Now on maternity leave

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, have questions about the code of conduct, or have encountered mistreatment, please contact Prof. Deborah Friedman, Assistant Dean Student Affairs at deborah.friedman@mcgill.ca.

FREE COUNSELLING AND PSYCHOLOGICAL RESOURCES AVAILABLE TO SUPPORT YOU

Click on the headings for more information



Keep.meSAFE

Professional, confidential counselling via chat, phone, or video, available 24 hours a day/7 days a week/365 days of the year.



Peer Support Centre

Confidential and non-judgmental support offered by trained McGill students. Open 9am-7pm weekdays.



McGill Nightline

Confidential, anonymous, non-judgmental listening service, run by trained McGill Students. Open from 6pm to 3am during the school year.
514-398-6246



The Wellness Hub

Professional, confidential counselling. Students who are located in Quebec at the time of their appointment are eligible. Access your Local Wellness Advisor as an additional resource if you are a graduate student.

WELL OFFICE EVENTS!

Alone Together - February 2



In response to ever-growing concerns of loneliness and isolation brought on by the COVID-19 pandemic, The WELL Office is organizing a virtual support group for learners from ISoN, SCSD and SPOT to connect with one another. Join us on February 2 from 18:00 to 19:00 for a semi-structured support group, facilitated by Wellness Consultant, Emily Wasylenko, and get to know your peers, share experiences, and make connections!

To register for this event, please click [HERE](#) and an automated Zoom link + calendar invite will be sent out shortly after.

*Look out for our some of our other groups
being held later this semester:*

2sLGBTQIA+ Group:

This group is open to all learners who identify as 2sLGBTQIA+ in the Faculty of Medicine and Health Sciences.

BIPOC Group:

This gathering is for learners from the Faculty of Medicine and Health Sciences who identify as Black, Indigenous and People of Colour.

THE WELL OFFICE PODCAST



**Brought to you by The WELL Office,
fueled by Health Professional Learners.**

Join The WELL Office team as they discuss wellness-related topics and address common learner questions with a variety of experts.

Click [**HERE**](#) to listen to any of the below episodes!

Episode 1: Single and Studying

Episode 2: I Love You But I Don't Have Time

Episode 3: The Power of the Mind: The Benefits of Mental Performance

Episode 4: Tips from Tranna: How to Better Meet the Needs of Trans Patients

Episode 5: Career Spotlight: Dr. Barry Slapcoff

Episode 6: The Beauty of Sleep: Maintaining Proper Sleep Hygiene as a Health Professional Learner

Episode 7: A New Reality: Coping with the Stressors of COVID-19

Episode 8: The Friend Within: Practicing Self-Compassion as a Healthcare Professional

Episode 9: Space for Wellness: An Astronaut's Guide to Self-Care

Episode 10: Put your Money Where your Mind is: An Introduction to Financial Health & Well-Being

MEET YOUR LESA'S

The *Interprofessional Learning Environment Advisory Committee* (LEAC) is a WELL Office initiative which consists of student representatives from the health professional programs: SCSD, ISoN & SPOT at both the undergraduate and graduate level. This committee is an inter-professional forum in which students meet and discuss healthy learning environment needs and initiatives within the Faculty of Medicine and Health Sciences.

Meet the **Learning Environment Student Advisor** (LESA) for your program and year [here!](#)



Interested in becoming a LESA in the future?
Check out the position description [here](#).

LEARNER ART MAGAZINE! CALL FOR SUBMISSIONS

We are now accepting submissions for the second issue of the WELL Office Learner Art Magazine!



Check out the inaugural issue of [The WELL Office Learner Art Magazine](#). This issue features the art work and short stories of eight talented artists from the Faculty of Medicine and Health Sciences. The pieces reflect a range of themes, styles, and experiences in the lives of health professional learners.

For more information and to submit an entry, please click [HERE!](#)

WELL OFFICE RESOURCES



The WELL Office Podcast



Yoga & Meditation



Staying Well during COVID



Anti-Racism & Coping



Wellness Resources

THE ISON, SPOT, AND SCSD WELL OFFICE TEAM



Prof. Deborah Friedman
Assistant Dean, Student
Affairs

Susan Begg
Administrative Coordinator

Lesley Potts
Projects Administrator



Camila Velez

Emily Wasylenko
Wellness Consultants - Academic Associates

Nicole-Ann Shery