

JANUARY, 2022

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 - IMPORTANT WELL
OFFICE FEATURES

5 - UPCOMING EVENTS

6 - TUTORIAL SERVICES

7 - OFFICE FOR
RESPECTFUL
ENVIRONMENTS (ORE)

8 - FREE EXTERNAL
COUNSELLING RESOURCES

9 - WELL OFFICE
RESOURCES



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!

I hope that you all had some time over the holidays to take a much-deserved break. Though it may not have been the holidays initially planned and dreamed of I am hopeful that you all had a little time to relax and recharge.

The 2022 year begins with everyone continuing to face the ongoing and emerging challenges of the pandemic. Nonetheless I am hopeful that 2022 will also bring some degree of normalcy at some point.

The Faculty of Medicine & Health Sciences WELL Office is committed to continue to seek 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 Winter 2022 newsletter to find events and a wide assortment of resources that are available to you.

Wishing everyone good luck, good health, and much personal, academic & professional success in your upcoming semester.

Stay safe
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

Email: deborah.friedman@mcgill.ca

WELL OFFICE SERVICES FUNCTIONING REMOTELY!

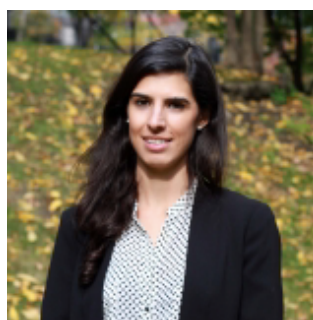
The WELL Office continues to offer services remotely to learners from ISoN, SPOT, and SCSD.

To schedule **a virtual or phone counselling appointment** with one of our Wellness Consultants, please do so via the MS Bookings links below. You can also book using our [website!](#)



Alissa Vincenti, MA
Canadian Certified
Counsellor (C.C.C.)

[Book an Appointment](#)



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

***On maternity leave
Returning February 2022***

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.

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

THE WELL OFFICE

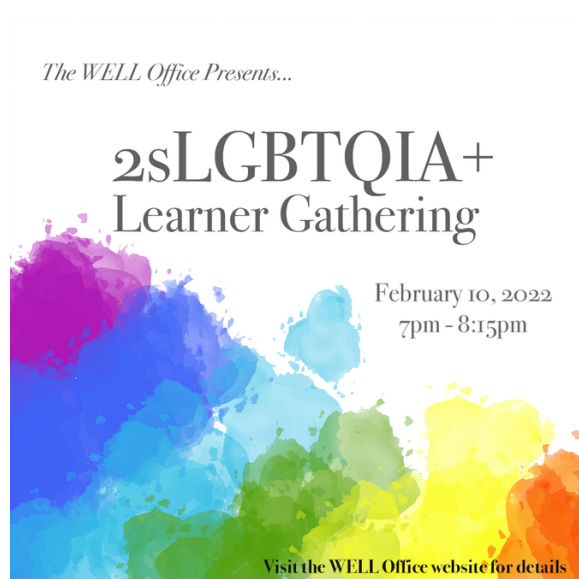
To respond to questions received from learners about two available resources:

The Faculty of Medicine and Health Sciences WELL Office and McGill University Wellness HUB.

	WELL Office	Wellness HUB
<i>Who We Serve</i>	Learners from ISoN, SPOT, SCSD, UGME, PGME, DENT	All McGill Students (including learners from ISoN, SPOT, SCSD, UGME, PGME, DENT)
<i>Services and Resources</i>	Counselling, academic and clinical learning environment guidance, support groups, Wellness Curriculum sessions, and inter-professional learner activities and committees	Medical appointments (Nurse, Doctor, Psychiatrist, Nutritionist), Counselling and workshops + other health promotion services
<i>Website</i>	<u>WELL Office website</u>	<u>Wellness HUB website</u>
<i>Booking Method</i>	<u>Online booking</u> (self-managed appointments). If an urgent appointment is needed, CALL to complete an urgent assessment form, or you are having difficulties booking online: 514-398-5836	<u>Online booking</u> for workshops, access advisors and local wellness advisors. CALL to book with all other HUB clinicians: 514-398-6017

WELL OFFICE EVENTS

These events are open to learners from UGME, DENT, PGME, ISoN, SPOT and SCSD



For facilitator & faculty bios, click [here](#).
To RSVP, please click [HERE](#).

2SLGBTQIA+ Learner Gathering February 10, 2022 from 7pm to 8:15pm

This counsellor-facilitated gathering is intended to provide space for the unique experience of navigating through healthcare training and career life as a 2SLGBTQIA+ identifying person.

You will also have the opportunity to hear from and connect to an invited faculty member!



For facilitator & faculty bios, click [here](#).
To RSVP, please click [HERE](#).

BIPOC Learner Gathering February 24, 2022 from 7pm to 8:15pm

This counsellor-facilitated gathering aims to hold space for learners who identify as Black, Indigenous and People of Colour (BIPOC). Participants will have the opportunity to share experiences, hear from others, and speak to the challenges and strengths that come with being part of the BIPOC community in healthcare training.

You will also have the opportunity to hear from and connect to an invited faculty member!



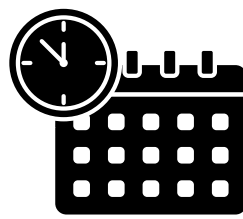
TUTORIAL SERVICES

DID YOU KNOW...

The McGill Tutorial Services offers learning supports
Click on any title below



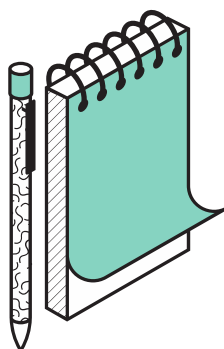
**Thriving with
Online
Learning**



**Effective
Time
Management**



**Learning and
Memory
Strategies**



**Note-Taking
Strategies**



**Test-Taking
Strategies**



**Attend a
Webinar**

OFFICE FOR RESPECTFUL ENVIRONMENTS



The Office for Respectful Environments (ORE) is now 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 here](#), on the ORE website.

If you are in need of **guidance**, please make an appointment with Prof. Deborah Friedman, Assistant Dean of Student Affairs.

If you are in need of **emotional support**, we invite you to make an appointment with one of our Wellness Consultants.

Appointments are booked via our [Contacts and Appointments](#) page.

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 RESOURCES



The WELL Office Podcast



Yoga & Meditation



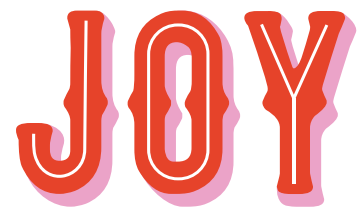
Staying Well during COVID-19



Anti-Racism & Coping



Wellness Resources



Using your Senses to Experience Joy.

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



Prof. Deborah Friedman
Assistant Dean, Student Affairs



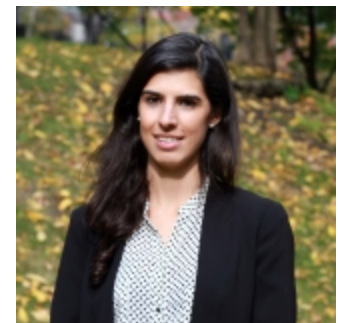
Susan Begg
Administrative Coordinator



Nicole-Ann Shery
Wellness Consultant
On Maternity Leave
Returning Fall 2022



Alissa Vincenti
Wellness Consultant



Camila Velez
Wellness Consultant
On Maternity Leave
Returning February 2022