

MARCH, 2022

THE WELL OFFICE NEWSLETTER

for Learners from
ISoN, SPOT, and SCSD

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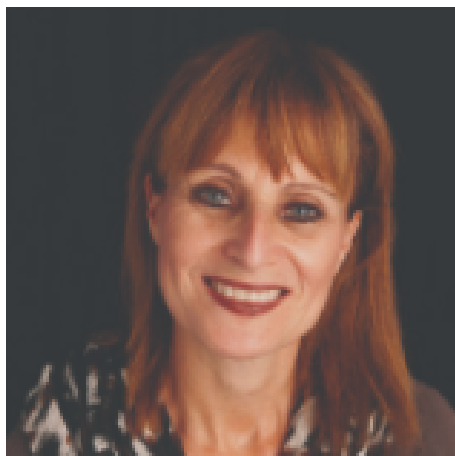
McGill

Faculty of
Medicine and
Health Sciences

Faculté de
médecine et des
sciences de la santé

A MESSAGE FROM THE ASSISTANT DEAN, STUDENT AFFAIRS

Dear ISoN, SPOT, and SCSD Learners,



It has been another interesting academic year for everyone!

A year of resilience, challenges and continuing to find many new and innovative ways to learn and support one another in positive ways. Learners became comfortable with uncertainty and evolving change. I thank faculty and leadership for all they have done and continue to be energized and impressed by the creative problem solving, advocating, and insight of learners.

What will life and learning look like as we move through the evolving pandemic times. A question we all reflect upon but one I am confident we will figure out together.

I want to wish you good luck in your final exams, upcoming clinical placements and research endeavors! I know that you are working hard and want to remind you that the WELL Office is here for you. If you are feeling overwhelmed, experiencing academic difficulty, in need of academic 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 those of you graduating, on behalf of the WELL Office Team I want to wish you much good luck, happiness, good health and success as you embark on the next stage of your exciting journey.

Please take a few minutes to look through our newsletter to find events and a wide assortment of resources that are available to you.

Good luck with the remainder of your semester and in your final exams.

All the very best to everyone!

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 our Wellness Consultants, please do so via the MS Bookings links below. You can also book using our [website!](#)



Alissa Vincenti, M.A.
Canadian Certified
Counsellor (C.C.C.)

[Book an Appointment](#)



Nicole-Ann Shery
On Maternity Leave
Returning Fall 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 EVENT

The Faculty of Medicine and Health Sciences:
Inter-Professional Terry Fox Run

Save
THE
Date

September 18th, 2022



Please note this event is subject to change pending the evolving pandemic situation and public health guidelines.



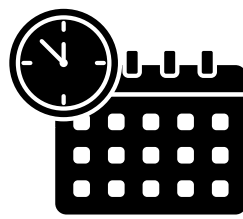
TUTORIAL SERVICES

DID YOU KNOW...

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



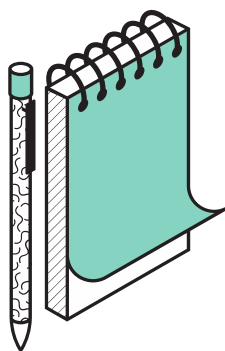
**Thriving with
Online
Learning**



**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

JOY

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



Kathryn Wiens
Operations Manager



Alissa Vincenti
Wellness Consultant



Nicole-Ann Shery
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On Maternity Leave
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