

NOVEMBER, 2021

THE WELL OFFICE NEWSLETTER

for Learners from
ISoN, SPOT, and SCSD

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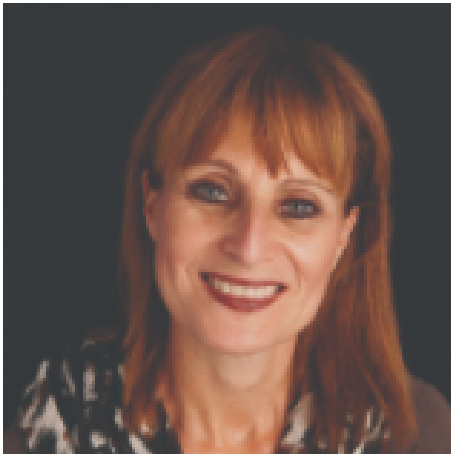


McGill

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,

2021 has been a year full of challenges, opportunities, new ways of doing things and the important development of vaccines. While many of you may have experienced hardship and struggle, you've nevertheless demonstrated resilience, innovation, and creativity in finding new ways to adapt and connect. I continue to be impressed by the energy, optimism, and abilities of learners within the Faculty of Medicine and Health Sciences.

I want to wish you all the best of luck in your exams and end of term work and remind you that the Faculty of Medicine & Health Sciences WELL office is here to support you in your academic, clinical, and research environments.

I invite you to look through our newsletter to find events and resources that are available to learners in the Faculty of Medicine and Health Sciences.

To a year ahead filled with hope, success, new beginnings, and good health!

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!



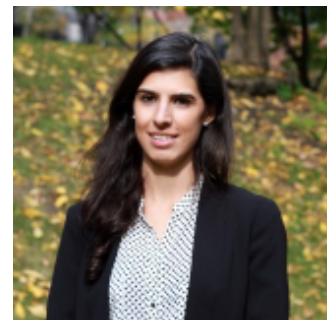
Alissa Vincenti, MA
Canadian Certified
Counsellor (C.C.C.)

Book an Appointment



Emily Wasylenko, MA
Canadian Certified
Counsellor (C.C.C.)

Book an Appointment



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

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, please contact Prof. Deborah Friedman, Assistant Dean Student Affairs at deborah.friedman@mcgill.ca.

WELL OFFICE EVENTS

The WELL Office Presents...

2SLGBTQIA+ Learner Gathering

November 11, 2021
7pm - 8pm

Visit the WELL Office website for details

2SLGBTQIA+ Learner Gathering

November 11, 2021 from 7pm to 8pm

The WELL Office is pleased to invite all 2SLGBTQIA+ learners from the Faculty of Medicine and Health Sciences to a virtual hour of connection and support!

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.

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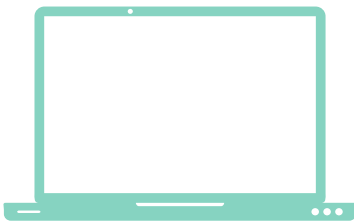
To RSVP, please click [HERE](#).



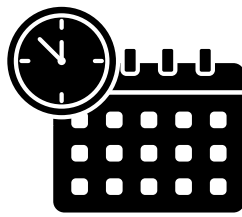
TUTORIAL SERVICES

DID YOU KNOW...

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



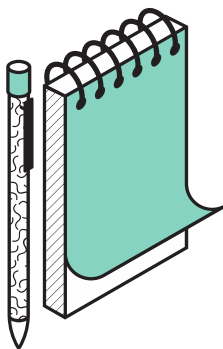
**Thriving with
Online
Learning**



**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. The Director of the ORE will produce annual updates for quality improvement purposes and reports for Faculty and learner leadership.

The ORE is involved in the following activities:

- Maintaining the ORE website and mistreatment webform
- Triaging mistreatment webform submissions of clinical learning environment concerns and complaints
- Policy development
- Reporting to Faculty and learner leadership
- Collaboration with Educational Programs and Faculty Development
- Collaboration with Communications Office to ensure transparency
- Data reporting for the purposes of accreditation and quality improvement
- Making recommendations to improve the system of reporting incidents of mistreatment in clinical learning environments

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

If you are need of guidance and support and would like to make an appointment with one of our Wellness Consultants, please do so via our [Contacts and Appointments](#) section.

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

THE ISON, SPOT, AND SCSD WELL OFFICE TEAM



Prof. Deborah Friedman
Assistant Dean, Student Affairs



Lesley Potts
Project Manager



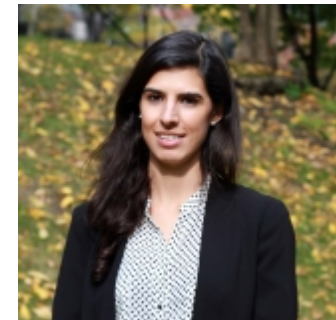
Susan Begg
Administrative Coordinator



Nicole-Ann Shery
Wellness Consultant
On Maternity Leave



Emily Wasylenko
Wellness Consultant



Camila Velez
Wellness Consultant
On Maternity Leave



Alissa Vincenti
Wellness Consultant