

SEPTEMBER 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,

To all new and returning learners I want to wish you all the best of luck as you embark upon the start of the 2022-2023 academic year.

I also want to let you know that the Faculty of Medicine & Health Sciences WELL Office is here to support and guide you in your academic, clinical, and research learning environments.

The past 2 1/2 years have presented many challenges and opportunities. We are all looking forward to a safe return to in-person on campus learning. Many of you may have experienced hardship and struggle, but have nevertheless demonstrated resilience, innovation, and creativity in finding new ways to adapt, connect and learn. I continue to be impressed by the energy and resourcefulness of learners in the Health Professions.

I invite you to look through our newsletter to find events and resources that are available to learners at all levels of training.

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

All the best,

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 AVAILABLE REMOTELY AND IN-PERSON

The WELL Office is now 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
M & Thur: 12pm to 8pm



Mélina Kannan, M.Ed.

[Book an Appointment](#)

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



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

[Book an Appointment](#)

Tues,: 12pm 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

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	All McGill Students (including learners from ISoN, SPOT, SCSD, UGME, PGME)
<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

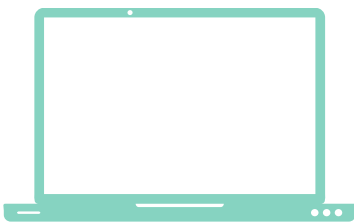


STUDENT ACCESSIBILITY & ACHIEVEMENT

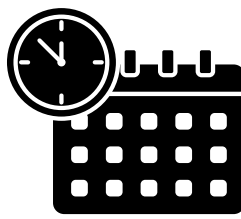
DID YOU KNOW...

Student Accessibility & Achievement (formerly known as the Office for Students with Disabilities & Tutorial Services) **offers learning support**

Click on any title or picture below



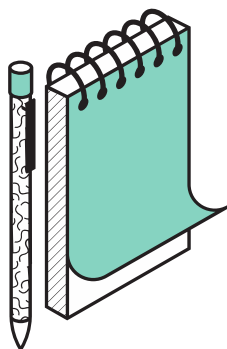
**Thriving with
Online
Learning**



**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 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 RESOURCES



The WELL Office
Podcast



Yoga & Meditation



Self-Compassion
Break



Anti-Racism & Coping



Wellness Resources



Using your Senses to
Experience Joy



New WELL Office
Curriculum



Request a group
experiential session

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.



Additional Resources

Improve your language skills: ***French for Healthcare Professionals***

Safely walk around campus with ***WALKSAFE***

Financial Wellness tools and workshops with the ***Frugal Scholar Money Management Program***

Support your active lifestyle at the ***McGill University Athletics and Recreation***

Enhance your spiritual wellness with the ***Office of Religious and Spiritual Life***

Learn to present as effectively as possible with the ***Presentation Skills training series***

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



Prof. Deborah Friedman
Assistant Dean, Student Affairs



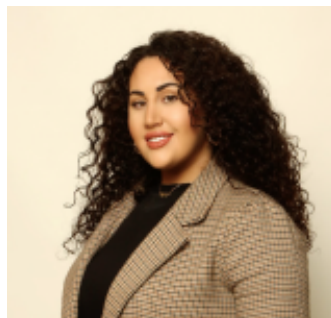
Kathryn Wiens
Operations Manager



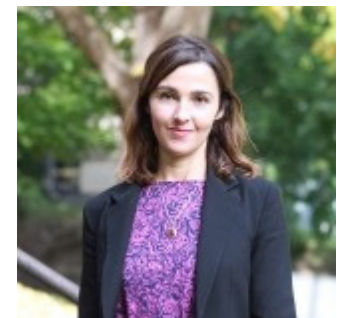
Susan Begg
Administrative Coordinator



Alissa Vincenti
Wellness Consultant



Mélina Kanaan
Wellness Consultant



Nicole-Ann Shery
Wellness Consultant