

WINTER, MARCH 2021

# THE WELL OFFICE NEWSLETTER

for Learners from  
ISoN, SPOT, and SCSD

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## END OF SEMESTER RESOURCES AND EVENTS



**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,

What a year this has been for everyone!

A year of resilience, challenges mixed with adaptation, gratitude, loss, and finding many new and innovative ways to learn and support one another in positive ways.

I thank faculty and leadership for all they have done and must say that I have been thoroughly impressed by the creative problem solving, advocating, and insight of learners.

Although we are not there yet and must continue to be vigilant and follow public health guidelines, hopefully we will move forward in a positive direction with the vaccine roll-out. What will life and learning look like after the pandemic? A question we all ponder and one I am confident we will figure out together.

We thank you for your participation in our different surveys throughout the past year in which you shared important feedback and ideas, and once again ask that you take a few minutes to complete your respective survey on **page 7** by **March 31, 2021**.

I encourage you 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](mailto: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!



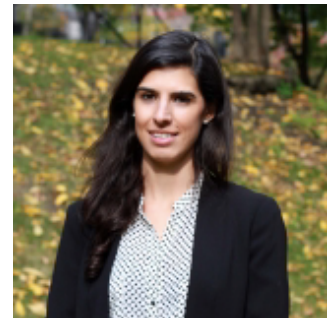
Nicole-Ann Shery, M.Ed.  
c.o., Psychotherapist  
Wellness Consultant

**Book an Appointment**



Emily Wasylenko, MA  
Psychologist, CCC  
Wellness Consultant

**Book an Appointment**



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

***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](mailto:deborah.friedman@mcgill.ca).

# WELL OFFICE EVENTS!

## BIPOC Gathering: March 23, 7-8pm EST



This gathering aims to hold space for learners from the Faculty of Medicine and Health Sciences who identify as Black, Indigenous and People of Colour (BIPOC). You are invited to reflect and share on the inner workings of racial trauma, micro-aggressions, and the impact of these experiences on well-being. Through communal and anonymous writing, perspectives on building collective and personal care will be shared.

This event will be facilitated by **Melissa-Anne Cobbler, MSW**. Melissa is a licensed social worker with over a decade of work experience in community, mental health and university settings. Born and based in Montréal, Québec, her work clinically and creatively, connects to principles of narrative therapy and intersectionality to support clients in cultivating their own story. As a Black cis-woman of Caribbean parentage, her practice welcomes all and often extends support to individuals who identify with the QTBIPOC (queer/trans/black/indigenous, and people of colour) community.

To register for this event, please click [HERE](#)

# WELL OFFICE EVENTS!

## 2sLGBTQIA+ Learner Gathering: April 1, 7-8pm EST

*The WELL Office Presents...*

### 2sLGBTQIA+ Learner Gathering

April 1, 2021  
7pm - 8pm

Visit the WELL Office website for details

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. Learners will have the opportunity to share experiences, hear from others, and speak to the challenges and strengths that come with being part of the 2sLGBTQIA+ community in healthcare.

This event will be facilitated by Jann Tomaro, doctoral student at McGill University in Counselling Psychology and a member of the Social Justice and Diversity Lab. Following her interest in intersecting sociopolitical determinants that hinder wellbeing and access to care, her research focuses on improving mental health for underserved communities. Jann is a member of the Pride Therapy Network of Montreal and an advocate for affirmative mental health care that honours and celebrates 2LGBTQIA+ communities.

To register for this event, please click [HERE](#)

# NEW MISTREATMENT WEBFORM

*Coming Soon*

We would like to inform you that the Faculty of Medicine and Health Sciences is updating the webform for reporting instances of mistreatment in the learning environment. Whereas the current form can be found under the 'Learning Environment' tab on the WELL Office website, the new webform will soon be housed in the Office for Respectful Environments (ORE). This webform, which can be completed by a delegate or submitted anonymously, is a confidential means of reporting instances of mistreatment. All reports will be sent to your respective Associate Dean/School Director for appropriate intervention.

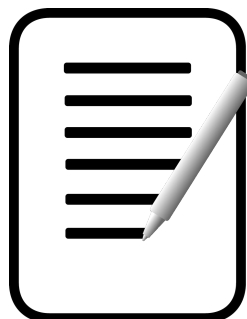
Pending the official launch of the ORE webform, learners can continue to report instances of mistreatment [HERE](#) until further notice.

# COVID NEEDS ASSESSMENT SURVEY

The WELL Office is inviting you to complete this brief survey to help us understand the challenges you are facing this Winter semester given the context of the COVID-19 pandemic. Your responses will assist us in finding ways to support your well-being as you move through your academic and clinical journeys. Your feedback is extremely valued.

**Please complete this survey by March 31, 2021.**

The survey should take approximately 15 minutes to complete. Your answers are anonymous. Please note that information may be shared in aggregate form in service of improving the learning environment as we all work together in the Faculty of Medicine & Health Sciences to address learner issues and needs in a timely manner.



**ISoN** – Winter 2021 COVID Needs Assessment Survey

**SPOT** – Winter 2021 COVID Needs Assessment Survey

**SCSD** – Winter 2021 COVID Needs Assessment Survey

# 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](#)



# 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 Administrator



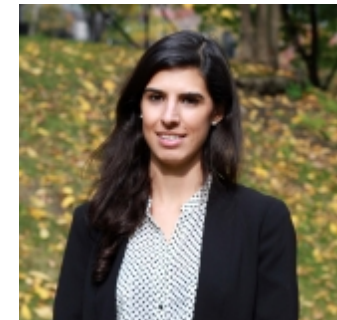
**Susan Begg**  
Administrative Coordinator



**Nicole-Ann Shery**  
Wellness Consultant



**Emily Wasylenko**  
Wellness Consultant



**Camila Velez**  
Wellness Consultant  
*On Maternity Leave*