



# McMaster University

Hamilton, Niagara, and Waterloo, ON

## Key Contacts and Websites

### Contact Information

#### Dr. Jorin Lukings

Director of Student Affairs, NRC  
[lukingsj@mcmaster.ca](mailto:lukingsj@mcmaster.ca)

#### Dr. Margo Mountjoy

Director of Student and Resident Affairs, WRC  
[mountjm@mcmaster.ca](mailto:mountjm@mcmaster.ca)

#### Dr. Christina Grant

Director of Student Affairs, Hamilton  
[chgrant@mcmaster.ca](mailto:chgrant@mcmaster.ca)

### Wellness Counsellor

Lisa Giles,  
[gilesl2@mcmaster.ca](mailto:gilesl2@mcmaster.ca)

### Ontario Medical Association

General Inquiries, 1-800-268-7215  
Physician Health Program, 1-800-851-6606

The College of Physicians and Surgeons of Ontario  
<http://www.cpso.on.ca/About-Us>

### Websites

#### MD Program:

<http://mdprogram.mcmaster.ca/students/student-resources>

#### Student Affairs:

<http://mdprogram.mcmaster.ca/students/student-affairs>

## Academic Support and Career Wellness

### Career Guidance Counsellors

- Kent Robinson, Career Counsellor  
[kent.robinson@medportal.ca](mailto:kent.robinson@medportal.ca)
- Claire Rivlin, Academic Skills and Career Counsellor  
[rivlinc@mcmaster.ca](mailto:rivlinc@mcmaster.ca)

### Elective Coordinators:

- Susheel Gurcha, [Hamilton]  
[gurchas@mcmaster.ca](mailto:gurchas@mcmaster.ca)
- Sara Poole, [Niagara]  
[sara.poole@medportal.ca](mailto:sara.poole@medportal.ca)
- Christina Chan, [Waterloo]  
[chanc77@mcmaster.ca](mailto:chanc77@mcmaster.ca)

### McMaster Medicine Interest Groups

Provide lecture series, contact with local physicians, clinical skills sessions etc. to inform students about various specialties

### Student Advisors

Each student is paired with a physician who acts as a mentor and resource through their three years in medical school

## Spiritual/Emotional/Mental Wellness

### Hamilton

McMaster Student Wellness Centre,  
905-525-9140 x27700

*Offers both counselling and medical services. Counselling services are offered in both group and private settings.*

McMaster Multifaith

<https://multifaith.mcmaster.ca/mcmaster-university-multifaith-resources>

### Niagara

Niagara Distress Centre,  
905-688-3711

Brock University Health Services,  
905-688-5550 x3243

*Offers both counselling and medical services. Counselling services are offered in both group and private settings.*

Faith and Life Centre (on campus)

### Waterloo

University of Waterloo Health Services,  
(519) 888-4096

Monthly wellness events

Dr. Tom Ruttan, Director of Counselling Services  
519-888-4567 x33121

## Financial Wellness

- Office of Student Financial Aid and Scholarships
  - o <http://sfas.mcmaster.ca>
- McMaster medical student bursary program
  - o Ranging from \$3000-\$5000
  - o Apply online in the early fall through <http://mosaic.mcmaster.ca>
- McMaster medical student scholarships available
  - o <http://mdprogram.mcmaster.ca/students/student-resources>
- Financial Wellness speakers through Meridian and TD
- Personal Financial Management Consultations available from MD Management
- MAC's Money Centre
  - o <http://money.mcmaster.ca/>
- Budgeting Worksheet
  - o can be found at <http://mdprogram.mcmaster.ca/students/student-resources>

## Social/Relationship Wellness

All campuses have access to the UGME interest groups and clubs. They may be accessed here <http://www.macmedsc.ca/>

### Hamilton

- On campus medical student lounge with kitchenette, fireplace, 2 TVs with Netflix, couches, etc.
- Nearby waterfalls and nature trails
  - o <http://www.waterfalls.hamilton.ca>

### Waterloo

- On campus ping pong table, Wii, piano, and basketball net
- Off campus Kitchener and St. Jacob's market

### Niagara

- Medical student lounge with couch, comfy chairs, foosball table, TV, and guitar
- Nearby trails along the Niagara escarpment
- Organized inter-class events throughout the year

## Physical Wellness

### Hamilton

- McMaster Student Wellness Centre  
905-525-9140 x27700
- On-campus pharmacy
- Shoppers DrugMart, 1341 Main Street West
- Urgent Care Centre, 690 Main Street West  
905-521-2100

*Fitness: The pulse on campus gym, Intramurals on campus, Goodlife Fitness and YMCA Gyms nearby, Gravity rock climbing gym, Cootes Paradise trails*

### Waterloo

- University of Waterloo Health Services,  
519-888-4096
- On-campus family medicine clinic
- Shoppers DrugMart, 250 King Street West

*Fitness: small gym located on campus, University of Waterloo gym available for use, intramurals available at the University of Waterloo, Grand River Rocks climbing gym, Waterloo Memorial Recreation Centre, Goodlife Fitness Locations nearby*

### Niagara

- Brock Health Services  
905-688-5550 x3243
- On-campus pharmacy

*Fitness: Brock University gym, nearby GoodLife Fitness, Moksha Yoga, World Gym, Peaks indoor rock climbing gym, the Bruce Trail on the Niagara Escarpment, Short hills provincial park*

