



Northern Ontario School of Medicine

Sudbury, Ontario
Thunder Bay, Ontario

Contact Information

Dr. Jason Shack, Assistant Dean, Learner Affairs

Email: jshack@nosm.ca

Learner Affairs Offices:

NOSM Lakehead (Thunder Bay), Room 2001 MS

NOSM Laurentian (Sudbury), Room 100A HSERC

Email: learneraffairs@nosm.ca

Student Wellness Committee Chair:

Stéphanie Lachapelle, slachapelle@nosm.ca



Mental, Emotional and Spiritual Wellness

Learner Affairs Officers:

Cathy Schroeder: cathy.schroeder@nosm.ca

Laura Csontos: laura.csontos@nosm.ca

Sherry Mongeau: sherry.mongeau@nosm.ca

Please follow this link for a list of available resources:

www.nosm.ca/education/learner_affairs/default.aspx?id=21813

Host Universities

Lakehead University Student Health & Counseling (807)343-8361

www.lakeheadu.ca/current-students/student-health-and-counselling-centre

Laurentian University Counseling & Support (705)673-6506

<https://laurentian.ca/counselling-support>

Laurentian University Health and Wellness
www.laurentian.ca/health-wellness

For All Distributed Learning Sites:

Shepell Student Assistance Program

NOSM students and their dependent family members can access Shepell's resources.

1-800-387-4765 (for service in English)

1-800-361-5676 (for service in French).

You will be provided with the full access to face-to-face, telephonic, and e-counseling as well as resource kits and online services 24 hours a day, seven days a week. Website: www.workhealthlife.com

Physician Health Program (PHP)

Confidential Toll-Free line: 1-800-851-6606 (in-province)

available 8:00 a.m. - 5:00 p.m. weekdays,

www.php.oma.org

Mental Health Helpline

1-866-531-2600

<http://www.mentalhealthhelpline.ca>

Faith, Spirituality and Cultural Supports

Lakehead Chaplaincy and Laurentian Spirituality Centres are available, as well as **NOSM Indigenous Affairs** which can assist with connection to Elders and other Indigenous cultural supports

Need urgent support? <http://nosm.ca> and click:



Mental, Emotional and Spiritual Wellness

Physical Wellness

Thunder Bay: Lakehead Student Health & Counselling Centre

Physicians available, appointments can be booked in advance

<https://www.lakeheadu.ca/current-students/student-health-and-counselling-centre/services-offered/medical-health-services>

Sudbury: Laurentian University Health Services

Offers primary healthcare, counselling and medical care. RN's and NP's on staff during regular office hours, part time physicians are available by appointment

<https://laurentian.ca/health-wellness>

Fitness and Recreation

NOSM campus athletic facilities and campus recreation:

Thunder Bay: www.thunderwolves.ca/campus-rec/

Sudbury: www.recreation.laurentian.ca

GoodLife Fitness (discounted membership with OMA discount)

Please see the Clerkship Community Handbook for local resources and supports for each CCC community.

You have brains in your head.

You have feet in your shoes.

You can steer yourself any direction you choose.

- Dr. Seuss



Career Planning and Academic Support

Career Planning and Academic Support

Learner Affairs provides *Career on Track*, a comprehensive 4 year plan to progressively assist you in career planning – knowing yourself, exploring options, choosing a specialty, and getting into residency

Individual career advising appointments are provided by the Learner Affairs Officers - Learner Affairs Officers:

cathy.schroeder@nosm.ca; laura.csontos@nosm.ca and sherry.mongeau@nosm.ca

Faculty Mentoring Program – The Faculty Mentor program through Learner Affairs connects undergraduate learners with faculty who can serve as physician mentors. Group sessions and Faculty Round Robin evenings introduce students to the different specialties.

NOSM Student Society Interest Groups also provide a wonderful opportunity to connect with physicians and residents to help inform students about various specialties

Study Spaces

NOSM Health Sciences Libraries: great study spaces and online resources

Students also have access to Lakehead libraries (Chancellor Patterson, Education Library) and Laurentian library (J.N. Demarais library).

NOSM group rooms are popular study places from for students with 24/7 key card access when not booked for classes.

Learner Affairs can assist with information and support to be successful, including assistance with requests for academic accommodation.

Sudbury Coffee Shops:

- Salute (two locations)
- Kuppajoe
- Old Rock (two locations)
- Starbucks
- Pinchman's

Thunder Bay Coffee Shops:

- Sweet North Bakery
- St. Paul's Roastery
- International House of Tea
- Bean Fiend Cafe
- Calico Coffeehouse

Sudbury

- Digusto's
- Laughing Buddha
- Respect is Burning
- Tommy's Not Here
- Tuco's Tacos
- Ripe

Thunder Bay

- The Sovereign Room
- Madhouse
- Hoito
- Tokyo House
- The Growing Season
- Tomlin

Where to eat

Highlights and Extras

SUDBURY ACTIVITIES

Lake Laurentian Conservation Area

Killarney Provincial Park

Kivi Park

Bell Park

Onaping Falls

THUNDERBAY ACTIVITIES

Cascade Conservation Area

Mount McKay Scenic Lookout

Kakabeka Falls Provincial Park

Eagle Canyon Suspension Bridge

Sleeping Giant Provincial Park

Ouimet Canyon

Thunder Bay Country Market

NOSM Student Wellness Committee

- Stéphanie Lachapelle - Chair
- Kristen Scheffield - 4th Year Representative
- Ocean Nenadov - 3rd Year Representative
- Bradly Rietze - 2nd Year Representative
- Jilayne Derksen - 2nd Year Representative
- Jennifer Glassford - 1st Year Representative
- Brittany Pennock - 1st Year Representative

