



UNIVERSITY OF
CALGARY

University of Calgary

Cumming School of Medicine; Calgary, Alberta

Key Contacts and Websites

Undergraduate Medical Education (UME) Office

Dr. Sylvain Coderre (Associate Dean)

coderre@ucalgary.ca; 403-220-3843

Student Affairs and Wellness (SAW) Office

Jo Holm (Student Affairs and Wellness Specialist)

jholm@ucalgary.ca, 403-220-4357

Dr. Ron Cusano (Director, Student Affairs)

ronald.cusano2@ucalgary.ca

Dr. Carol Hutchison (Associate Director, Student Affairs)

crhutch@ucalgary.ca

Websites

MD Program: www.ucalgary.ca/mdprogram

Student Affairs: www.ucalgary.ca/mdprogram/current-students/student-advising-wellness

Medical Student Association: www.calgarymsa.com

Student Emergency & Crisis Support Guidance:
www.ucalgary.ca/mdprogram/home/advice-student-emergency-crisis

Calgary Medical Students' Association (CMSA)

Current CMSA Executives:

<http://www.calgarymsa.com/partners/>

Alberta Medical Association (AMA)

General:

1-800-272-9680; www.albertadoctors.org

For Medical Students:

www.albertadoctors.org/services/students

Physician and Family Support Program (PFSP)

1-877-SOS-4MDS (767-4637); available 24/7/365

College of Physicians and Surgeons of Alberta

General:

www.cpsa.ca; 1-800-320-8624

memberinquiries@cpsa.ab.ca

Academic and Career Wellness

Career Advising

The SAW Office Director and Associate Director are available to medical students in all years for general or specific career and CaRMS advising. *Contact Jo Holm to set up an appointment.*

Faculty Mentorship Program

All first-year medical students are matched with a faculty member to assist in their educational, professional, and personal development.

<http://www.ucalgary.ca/mdprogram/student-affairs/faculty-mentorship-program>

Study Buddy Program

Students desiring studying support (in general or in a particular course) may request a peer tutor. *Contact Jo Holm to request a match.*

www.bit.ly/2C5MlmI

CV/Resume Assistance

Assistance with reviewing your CV is available via the SAW Office and Career Services.

Contact Jo Holm for additional information.

University Library

Overall: www.library.ucalgary.ca

Health Sciences: <https://library.ucalgary.ca/hsl/>

Emotional/Mental Wellness

Calgary Distress Centre

Free and confidential telephone support is available 24/7 and online support is available 3-10pm on weekdays and 12-10pm on weekends. *Crisis Line: 403-266-HELP(4357)*

Additional Support: www.bit.ly/2qk3Z0P

Counselling/Psychology/Psychiatry

Students have access to counselling and psychologists via the SU Wellness Centre. There are also psychiatrists who the SAW office can refer you to if needed. Appointments are available at the medical school or main campus/off campus. *Contact Jo Holm to request referral to SAW-affiliated support.*

SU Wellness Centre (for main campus appts.):

www.ucalgary.ca/wellnesscentre/services/mental-health-services

Women's Resource Centre (WRC)

The WRC offers drop-in peer support, a resource library, and educational events, among other things. Located on main campus, the WRC and its services are open to people of all genders.

www.ucalgary.ca/women

Financial Wellness

Cumming School of Medicine Scholarships

A number of scholarships and bursaries exist for students in the MD program.

Information about awards is sent out by SAW or UME and is available at the following website: www.ucalgary.ca/registrar/finances/awards/professional

Financial Advising

The UME Finance Manager, Karen Chadbolt, is able to provide education, counselling, and support around finances.

To set up an appointment, contact kachadbo@ucalgary.ca.

Student Loans

Provincial and federal student loans are available for eligible students.

Additional information:

www.ucalgary.ca/mdprogram/financial-aid-0

Physical Wellness

SU Wellness Centre

Located at main campus, the SU Wellness Centre has physicians, massage, chiropractic, etc.

<https://www.ucalgary.ca/wellnesscentre/>

SU Health and Dental Plan

Unless you have alternate coverage, the SU Health and Dental Plan is mandatory.

www.mystudentplan.ca/uofcalgary/en/home

Alberta Health Services HealthLink

If you require medical advice, a RN is available 24/7 to answer any questions.

Call 811 or go to www.bit.ly/2ES2GNq.

Find a Family Doctor

If you are new to Calgary and need to find a new GP, this website can help.

www.calgaryareadocs.com

Fitness Facilities

Students have access to three main gyms:

- 1) Active Living gym on main campus.
- 2) Kinetix at Foothills (additional fees).
- 3) "The Dungeon" at Foothills (\$20/year).

Injuries and Exposures (e.g. Needlestick) Protocol

This document provides instructions in the case of an education/university-related incident.

www.vp.ucalgary.ca/images/policies/Injuries%20%20Incidents%20Protocols%20Revised-Mar%202007-2017.pdf

Social/Relationship Wellness

Medical Student Lounges

There are two student lounges available to medical students at the University of Calgary:

-Main Lounge: This lounge is located in the medical school space and is only open to medical students.

-Feasby Lounge: This lounge is located by Hippo and is open to all students in the faculty.

Both have microwaves/fridges and game tables, and they are great spaces to rest or meet and mingle with colleagues.

Access to both is swipe-based via your ID card.

CMSA Clubs

A variety of CMSA-affiliated clubs allow students to connect with others who have similar interests.

www.calgarymsa.com/clubs/

The Q Centre

Located on main campus, the Q Centre offers peer support services, a library, and social events for LGBTQ2S+ students. All are welcome.

<https://www.su.ucalgary.ca/programs-services/student-services/the-q-centre/>

Spiritual Wellness

Faith and Spirituality Centre

The UCalgary Faith and Spirituality Centre is open to individuals of all denominations (incl. atheist and agnostic) and offers events, education, and chaplains, etc. of a variety of faiths.

www.ucalgary.ca/fsc

Christian Medical and Dental Society (CMDS)

CMDS is a national organization with a branch in Calgary. They hold regular meetings and events that bring together Christian medical students, residents, and physicians.

Contact email: cmds.calgary@gmail.com

Native Centre

The UCalgary Native Centre supports FNMI students in a variety of ways and is connected to the MD Aboriginal Health Program.

Native Centre: www.ucalgary.ca/nativecentre

MD Aboriginal Health Program:

www.ucalgary.ca/mdprogram/ahp

Hospital Spiritual Care Services

All Calgary hospitals have spirituality-focused spaces, with chaplain supports available.

www.albertahealthservices.ca/info/service.aspx?id=1026227