Key Contacts and Websites

UMF (Undergraduate Medical Education Office)
Saskatoon – 306-966-6135
Regina – 306-766-3705
Prince Albert – 306-765-6787

Office of Student Affairs
Edith Conacher (Student Affairs Officer, Saskatoon)
306-966-4751 edith.conacher@usask.ca
Lisa Persaud (Specialist, Student Affairs, Regina)
306-766-0620 lisa.persaud@rahealth.ca
Dr. Dale Ardell (Prince Albert Site Director)
306-763-8888 drdardellpc@sasktel.net

Websites
MD Program: https://medicine.usask.ca
Student Affairs: https://medicine.usask.ca/students/undergraduate/student-affairs.php
Medical Student Association: https://saskmedstudents.com
Emergency Contact & Information:
https://medicine.usask.ca.students/undergraduate/student-affairs.php#EmergencyContactandInformation

Student Medical Society of Saskatchewan
SMSS VP Communications
Smss.vpcommunications@gmail.com

College of Physicians & Surgeons of Saskatchewan
General: 306-244-73-55 https://www.cps.sk.ca
Saskatchewan Medical Association
306-244-2196 or 1-800-667-3781 (TF) www.sma.sk.ca
Saskdocs
306-933-5000 or 1-888-415-3627 (TF)
info@saskdocs.ca

Academic & Career Wellness

Office of Career Advising & Mentorship
Support in all elements of career planning, mentorship programs, and residency matching. Appointments available with career advisor and events held to foster mentorship in the community.
https://medicine.usask.ca/students/undergraduate/mentoring.php#CareerAdvising
Contact:
→ Stephanie Marshall (OCA&M Coordinator): 306-966-2952; stephanie.marshall@usask.ca

Libraries/Resources
Several libraries are available on the Saskatoon campus, including a new facility in the Health Sciences building. Students in Regina have 24-7 access to a library in the Regina General Hospital. Online resources for medical students can be accessed from any site
http://libguides.usask.ca/medicine/UGME

Student Employment and Career Center
Help with resumes as well as cover letters and interview prep.
→ Contact: 306-966-5092
https://students.usask.ca/jobs/resumes.php

Emotional & Mental Wellness

College of Medicine Office of Student Affairs
Offers confidential support and advocacy and provide students with an independent and informal forum to clarify concerns, goals and options in managing or resolving issues.
→ Contact: Edith Conacher
306-966-4751 edith.conacher@usask.ca

SMA Physician Health and Wellness Program
Provides assistance to colleagues, physicians in training and their families who may be struggling with a variety of issues (including mental and physical health, addictions, relationships, etc.).
https://sma.sk.ca/programs/44/physician-health-%20program.html
→ Contact: Brenda Senger (Director)
306-244-2196 brenda@sma.sk.ca

U of S Counselling Services
Located on the 3rd floor. Place Riel. University of Saskatchewan.
https://students.usask.ca/health CENTRES/wellness-centre.php#Services
→ Contact: 306-966-4920

Student Wellness Center
Offer urgent and non-urgent physical and mental health care. Access to counsellors, psychiatrists and general practitioners.
→ Contact: 306-966-5768 student.wellness@usask.ca
### Financial Wellness

**Awards and Scholarships**
A number of scholarships and bursaries are available through the University of Saskatchewan, many specifically for the MD program.
[https://students.usask.ca/money/scholarships.php](https://students.usask.ca/money/scholarships.php)

**Student Loans**
Provincial and federal loans are available for eligible students, interest free while in school. Some of this money is 'forgivable' and can turn into grants.

**MD Management**
Offers financial planning or advice tailored towards medical students and physicians
→ Contact: 306-244-0077 [https://mdm.ca](https://mdm.ca)

**Financial Crisis**
Saskatchewan Medical Association can provide aid in times of financial crisis. Students can contact Brenda Senger, Director of SMA Physician Support Programs.
→ Contact: 306-244-2196 (or 1-800-667-3781) brenda@sma.sk.ca

### Physical Wellness

**Student Wellness Centre / Health Clinic**
Walk-ins or appointments with MDs, NPs, and RNs.
Located on the 4th floor Place Riel, Saskatoon campus.
→ Contact: 306-966-5768 [studentwellness@usask.ca](mailto:studentwellness@usask.ca)

**Physical Activity Complex (FAC)**
The campus gym access comes with your student ID and has a fully equipped gym, rock climbing, fitness classes, gymnastics and dance rooms, basketball court and swimming pool.
→ Contact: 306-966-1001 [https://recservices.usask.ca/getfit/fac-centre/](https://recservices.usask.ca/getfit/fac-centre/)

**Regina & PA Campuses**
Regina Campus has access to the RGH gym. Prince Albert campus has a Goodlife fitness located near the site.

**Intramural & Recreation**
The University Recreation Services and the SMSS Sports Director regularly plan intramurals and physical activities.
→ Contact: SMSS Sports Director smss.sportrep@gmail.com

**University Health and Dental Plan**
→ Contact: 1-877-795-4428 [https://students.usask.ca/health/health-plans.php](https://students.usask.ca/health/health-plans.php)

**Find a Local Physician**
[https://www.saskatchewan.ca/residents/health/accessing-health-care-services](https://www.saskatchewan.ca/residents/health/accessing-health-care-services)

### Social & Relationship Wellness

**Student Medical Society of Saskatchewan Events**
Events such as lunch time talks, social outings, and group exercise are regularly planned and posted on the events calendar
[http://saskmedstudents.com/events/](http://saskmedstudents.com/events/)

**Medical Lounges**
Student lounges are available in Saskatoon, Regina, and PA hospitals for clerks.

**Saskatchewan Events**
Local events in Saskatoon, Regina and Prince Albert can be found on the tourism Saskatchewan website.

### Spiritual Wellness

**Faith Leaders**
Multi-faith religious resource to all students, staff and faculty. Multiple faith leaders are available for contact on their website.
[https://wellness.usask.ca/faithleaders/](https://wellness.usask.ca/faithleaders/)

**Indigenous Initiatives**
A program dedicated to the success of indigenous students. The Gordon Oaks Center offers regular events and provides a gathering place for FNMI students.
[https://aboriginal.usask.ca](https://aboriginal.usask.ca)
→ Contact: Valerie Arnauld-Piletier (CoM Indigenous Students Coordinator) 306-966-5901

**Mindfulness**
The student wellness centre offers mindfulness meditation sessions regularly around campus.
[https://students.usask.ca/articles/mindfulness.php](https://students.usask.ca/articles/mindfulness.php)

**Hospital Spiritual Care**
Regina:
[http://www.rqhealth.ca/department/spiritual-care/spiritual-care](http://www.rqhealth.ca/department/spiritual-care/spiritual-care)
Saskatoon:
[https://www.saskatoonhealthregion.ca/locations_services/services/Spiritual-Cultural/](https://www.saskatoonhealthregion.ca/locations_services/services/Spiritual-Cultural/)