# Key Contacts and Websites

<table>
<thead>
<tr>
<th>Student Affairs</th>
<th>Doctors of BC</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dr. Janette McMillan</strong> (Associate Dean)</td>
<td><a href="http://www.doctorsofbc.ca">www.doctorsofbc.ca</a></td>
</tr>
<tr>
<td><a href="mailto:janette.mcmillan@ubc.ca">janette.mcmillan@ubc.ca</a></td>
<td></td>
</tr>
<tr>
<td><strong>Dr. Carol Ann Courneya</strong> (Assistant Dean)</td>
<td></td>
</tr>
<tr>
<td><a href="mailto:courneya@mail.ubc.ca">courneya@mail.ubc.ca</a></td>
<td></td>
</tr>
<tr>
<td><strong>Dr. Christina Roston</strong> (Assistant Dean)</td>
<td></td>
</tr>
<tr>
<td><a href="mailto:christina.roston@ubc.ca">christina.roston@ubc.ca</a></td>
<td></td>
</tr>
<tr>
<td><strong>Velia Altamira</strong> (Student Affairs Coordinator)</td>
<td></td>
</tr>
<tr>
<td><a href="mailto:osa.coordinator@ubc.ca">osa.coordinator@ubc.ca</a></td>
<td></td>
</tr>
</tbody>
</table>

Student Affairs: 604-875-4111 local 61979

<table>
<thead>
<tr>
<th>Websites</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MD Program:</strong> <a href="http://mdprogram.med.ubc.ca/">http://mdprogram.med.ubc.ca/</a></td>
</tr>
<tr>
<td><strong>Student Affairs:</strong> <a href="http://mdprogram.med.ubc.ca/student-resources/contact/">http://mdprogram.med.ubc.ca/student-resources/contact/</a></td>
</tr>
<tr>
<td><strong>Medical Student Association:</strong> <a href="http://mus.med.ubc.ca/">http://mus.med.ubc.ca/</a></td>
</tr>
</tbody>
</table>

---

## Academic and Career Wellness

| Dr. Aalok Kumar **(Director of Career Planning)** | [aalok.kumar@ubc.ca](mailto:aalok.kumar@ubc.ca) |
| Dr. Tara Adirim **(Career Advisor)**            | [tara.adirim@ubc.ca](mailto:tara.adirim@ubc.ca) |

**Career Planning Program (CPP)** is available to all medical students for assistance with career planning and CaRMS applications. CPP offers individual career advice, as well as shadowing and interviewing opportunities.

**Mentorship Programs** are designed for all UBC Medical students where they are connected with students from other years and a physician mentor, who helps guide the group.

Also, several talks are held at the Medical Student Alumni Centre by different interest groups, which provide a great chance to connect with residents and program directors for clerkship and residency.

**Woodward Library** *(UBC Vancouver Campus)*  
**UBC Biomedical Branch Library** *(Diamond Healthcare Centre)*

---

## Emotional/Mental Wellness

The Assistant and Associate Deans from the **Office of Student Affairs** (see contact information above) are available to talk through most concerns that may come up during school, clerkship or electives.

**UBC Student Health Services**  
M334, 2211 Wesbrook Mall (604-822-7011)

**UBC Wellness Centre**  
Student Union Building (604-822-4858)

**UVic Health Services**  
Jack Peterson Health Centre (250-721-8492)

**UVic Counselling Services** (250-960-6369)

**UNBC Wellness Centre** (250-960-6370)

**UBC Okanagan Health & Wellness Centre**  
Room 337, University Centre (250-807-9270)

**Physician Health Program of BC:**  
Call Free Helpline: 1-800-663-6729 for counselling

**Students Offering Support (SOS)**  
sos.fom.ubc@gmail.com

---
### Financial Wellness

**Jennifer Fong** Student Financial Assistance Officer  
Gordon & Leslie Diamond Health Care Centre  
RM 8135A- 2775 Laurel Street  
jennifer.fong@ubc.ca or (604) 875-5834

**Other Aid sources available:**

- **Student Aid BC**  
  www.studentaidbc.ca

- **UBC Bursaries**  
  On Student Services Centre (SSC) website

- **Line of Credits**  
  Offered by most banks

### Physical Wellness

**Student Health Services**  
UBC Vancouver Campus in UBC Hospital (M334).  
Call 604-822-7011 or book online.  
https://students.ubc.ca/health-wellness/student-health-service#make-an-appointment

**AMS Health and Dental Plan**  
https://www.ams.ubc.ca/services/health-dental-plan/

**Find a Family Physician**  
https://www.physicianhealth.com

**BC HealthLink Number:** 8-1-1 (non-emergencies)

**Safety Procedures**  
http://mdprogram.med.ubc.ca/student-resources/safety-and-emergency-management/

**Gym**  
UBC Gym – $35/term for students (can get busy)  
MSAC Gym – free for students and residents (near VGH)

### Social/Relationship Wellness

**MUS Clubs**  
With hundreds to choose from. Clubs night held every year for all medical students to learn more and sign up.  
http://mus.med.ubc.ca/club-directory/

**UBC Intramurals**  
Join sports leagues or attend events  
http://www.recreation.ubc.ca/intramurals/

**Medical Student Lounge** (Life Sciences Centre)

### Spiritual Wellness

**Religion and Spirituality Resources**  
Available to all UBC students  
https://students.ubc.ca/campus-life/religion-spirituality

**Mindfulness and Meditation in Medicine at UBC**  
Student run initiative that provides opportunities for medical students, residents, physicians and their friends and families to learn about and practice mindfulness and meditation.

**UBC Med Yoga Club**  
Host weekly student run yoga classes for all students.