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)
holm@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

Key Contacts and Websites

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

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

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/2C5Mlml

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

University of Calgary
Cumming School of Medicine; Calgary, Alberta
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

Financial 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/2ES2GNg.

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

Physical 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/

Social/Relationship Wellness

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/

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: cmdscalgary@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

Spiritual Wellness