

## Contact Information

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**Dr Arthur Kidd (Windsor)** – Assistant Director of LEW - [akidd@hdgh.org](mailto:akidd@hdgh.org)

**Kylie Hamilton (Windsor)** – LEW Coordinator - [Kylie.Hamilton@uwindsor.ca](mailto:Kylie.Hamilton@uwindsor.ca)



## Physical Wellness

**To achieve health benefits**, 150 minutes of moderate-to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more is recommended.

### Campus Recreation:

<http://westernmustangs.ca/index.aspx?path=crh&tab=campusrecreationhome>

**Nutrition Manager of Hospitality Services:** Anne Zok (<http://nutrition.uwo.ca/askanne.cfm>)  
Phone: 519.661.3855

**FRESH** - Food Resources and Education for Student Health, is a comprehensive peer nutrition education program created by and for university students. Website: <http://freshu.ca/>

## Mental, Emotional and Spiritual Wellness

**Health and Wellness Support Service** is a service that aims to improve the health and quality of life of all undergraduate students at Western.

Website: <http://westernusc.ca/services/>

Blog: <http://wellnessatwestern.tumblr.com/>

**Peer Support Centre** is run by peer support volunteers trained in peer-based support. Visit us to get support, get talking, get connected. Website:

<http://westernusc.ca/service/the-peer-support-network/>

Hours 10am-6pm Mon-Fri, Room 38, UCC Building

**Western University Chaplains** work to empower, enable, encourage and engage the university in reflection on spiritual, ethical and faith value issues.

Website: <http://www.uwo.ca/chaplain/>

Location: University Community Centre, Room 256 (519) 661-2111 x85929 chaplain@uwo.ca

**Ally Western** is an outreach service, constantly working to create a more inclusive university campus, with a focus on understanding and celebrating sexual diversity. Ally Western Coordinator: [ally.western@usc-uwo.org](mailto:ally.western@usc-uwo.org)

**Pride Western** is a network aims to provide a resource and support system for students with questions regarding Lesbian, Gay, Bisexual, Transgender, Transsexual, Queer, 2-Spirited, and Asexual (LGBTQ2A) issues. Contact: [pridewestern@usc-uwo.org](mailto:pridewestern@usc-uwo.org)

*"It is health that is the real wealth and not pieces of gold and silver." Mahatma Gandhi.*

The Learner Equity & Wellness Office can help you examine your financial situation and manage the pressures you are facing as a student.

Western provides detailed information on:

Financial Counselling/Student Loans page:

[http://www.registrar.uwo.ca//student\\_finances/financial\\_counselling.html](http://www.registrar.uwo.ca//student_finances/financial_counselling.html)

Bursaries: [http://www.registrar.uwo.ca//student\\_finances/bursaries.html](http://www.registrar.uwo.ca//student_finances/bursaries.html)

Awards & Scholarships:

[http://www.registrar.uwo.ca//student\\_finances/scholarships\\_awards/index.html](http://www.registrar.uwo.ca//student_finances/scholarships_awards/index.html)

The **Ontario Student Assistance Program (OSAP)** is for full-time university students who have a demonstrated financial need. OSAP is intended to supplement student and family resource. Website: <https://osap.gov.on.ca/OSAPPortal>

Information is available at **Financial Counselling** and appointments are available by visiting **Student Central**, or by calling 519-661-2100.

Financial Counselling:

[http://www.registrar.uwo.ca/student\\_finances/financial\\_counselling.html](http://www.registrar.uwo.ca/student_finances/financial_counselling.html)

Student Central: [http://www.registrar.uwo.ca/general-information/student\\_central\\_office.html](http://www.registrar.uwo.ca/general-information/student_central_office.html)

## Quick Find

[http://www.registrar.uwo.ca//student\\_finances/financial\\_counselling.html](http://www.registrar.uwo.ca//student_finances/financial_counselling.html)



## Career Planning and Academic Support

**Western's On Campus** resource providing support for career decision making and search for employment. Western's Student Success Centre:

<http://www.success.uwo.ca/careers/>

**For Windsor MD Program Students:** University of Windsor's Centre for Career Education provides support to assist you in your preparations for the next steps in your career. Website:

<http://www.uwindsor.ca/success/>

**Online Assessments and Career/Specialty** information designed to help you with your important medical career decisions. A login and password is required. Contact the Learner Equity & Wellness Office to obtain your password. <https://www.aamc.org/cim/>

**Clinician mentors** are available to support and encourage all students of the Schulich School of Medicine & Dentistry during each year of the programs. Please contact the LEW to get involved!

Quick access to the **Canadian Medical Residency Guide:** [https://www.schulich.uwo.ca/learner-equity-wellness/services/Canadian\\_Medical\\_Residency\\_Guide.pdf](https://www.schulich.uwo.ca/learner-equity-wellness/services/Canadian_Medical_Residency_Guide.pdf)

**Learning Skills Counsellors** provide information and support to help all Western students achieve academic success by strengthening skills and maintaining academic performance. This service is for those who experience academic setbacks, as well as, students who want to maintain exceptional academic standing.

Western Student Services, Room 4100 Tel: 519-661-2183

Website: <http://www.sdc.uwo.ca/learning/> Email: [learning@uwo.ca](mailto:learning@uwo.ca)

**Counsellors are available** for academic advice, course selection course changes, withdrawals, special permissions progression, requirements, requests for academic accommodation, requests for special examinations. Contact your specific department for academic counselling. Website: <http://www.sdc.uwo.ca/writing/>

The **Office of the Registrar** provides information about course enrollment, student finances, and student records, as well as the latest updates from Student Central. Website:

<http://www.registrar.uwo.ca/>

There are **seven libraries** at Western. Website:

<http://www.lib.uwo.ca/>

## FOOD

Asian:

Congee Chan, Curry's, Maseys, Saigon House

Bar and Grill:

Beertown, Church Key Pub, Milos' Craft Beer Emporium, The Bungalow, Wit's End

Fine Dining:

Black Trumpet, Che Restaurant, David's Bistro, Garlic of London, Michaels on the Thames, The Springs

Italian:

Abruzzi, Angelo's Italian Bakery, Bertoldi's, Fellini Koolini's, Spageddy Eddy's

Sushi:

168 Sushi, Ozen Bistro, Sakata, Shiki, Sushi Fanatics, Sushi Galore, Wonder Sushi

Vegan:

Organic Works, Veg Out

Miscellaneous:

Addis Ababa Restaurant, Barakat, Burrito Boyz, Five Guys, Mythic Grill, Mykonos, The Bag Lady, The Early Bird

Of course, the UCC on campus has a convenient selection of food, with the two restaurants being the Spoke and the Wave! Check out the Housing Guide on the SAC Website for comments about all the restaurants listed here.

## Highlights and Extras

For access to the student council of medical students:

<http://www.uwome ds.com/>

Quick access to campus maps, with information about buildings and parking:

<http://www.geogra phy.uwo.ca/campu smaps/>

The Student Affairs Committee (SAC) has a website with loads of information regarding daily living, FAQs about student life, and links for many useful sites. You can also find guides about housing, food, electives and so much more:

<http://sacwestern.c om/>

Schulich's own Survival Guide:

<http://sacwestern.c om/?wpdmact=pro cess&did=MjEuaG90 bGluaw>