



University of Saskatchewan

Faculty of Medicine; Saskatoon, Regina, Prince Albert

Key Contacts and Websites

UME (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)

edith.conacher@usask.ca, (306)966-4751

Lisa Persaud (Specialist, Student Affairs, Regina)

lisa.persaud@rhealth.ca, (306)766-0620

Dr. Dale Ardell (Prince Albert Site Director)

drdardellpc@sasktel.net, (306)763-8888

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 and Information: <https://medicine.usask.ca/students/undergraduate/student-affairs.php#EmergencyContactandInformation>

Student Medical Society of Saskatchewan

SMSS VP Communications

Smss.vpcommunications@gmail.com

Saskdocs

info@saskdocs.ca

1-888-415-3627 (toll free) or (306)933-5000

College of Physicians and Surgeons of Saskatchewan

<https://www.cps.sk.ca>, General: (306)244-73-55

Saskatchewan Medical Association

www.sma.sk.ca, (306)244-2196 or 1-800-667-3781 (toll free)

Academic and Career Wellness

Office of Career Advising and 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.

Book an appointment online at:

<https://medicine.usask.ca/students/undergraduate/mentoring.php#CareerAdvising>

Stephanie Marshall (Office of Undergraduate Medical Education Career Development & Mentoring)

stephanie.marshall@usask.ca; 306-966-2952

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.

<https://students.usask.ca/jobs/resumes.php>; (306)966-5092

Emotional/Mental Wellness

The Saskatchewan Medical Association (SMA) Physician Health Program

<https://sma.sk.ca/programs/44/physician-health-program.html>

Brenda Senger (Director of Physician Support Programs)

brenda@sma.sk.ca; 306-244-2196; 1-800-667-3781

U of S Counselling Services – 3rd floor, Place Riel, University of Saskatchewan (8:30am-4:30pm, Monday-Friday); 306-966-4920

For mindfulness sessions and more info, visit:

<http://students.usask.ca/health/centres/counselling-services.php#Services>

The College of Medicine Office of Student Services –

Edith Conacher (Coordinator of Office of Student Services)

edith.conacher@usask.ca; 306-966-4751

Student Wellness Center

Offer urgent and non-urgent physical and mental health care. Access to counsellors, psychiatrists and general practitioners.

Student.wellness@usask.ca; 306-966-5768

Wellness Events

<https://students.usask.ca/health/bewell.php#Wellnessevents>

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>

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.

<https://www.saskatchewan.ca/residents/education-on-and-learning/student-loans>

MD Management

Offers financial planning or advice tailored towards medical students and physicians

<https://mdm.ca/>; 306- 244-0077

Financial Crisis,

Students can contact Brenda Senger, Director of SMA Physician Support Programs at 306-244-2196 (or 1-800-667-3781); brenda@sma.sk.ca.

Physical Wellness

Student Wellness Centre

Walk-ins or appointments with MDs, NPs, and RNs are available at the Student Health Clinic at the Saskatoon

campus on the 4th floor of Place Riel

studentwellness@usask.ca; 306-966-5768

Physical Activity Complex

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.

<https://recservices.usask.ca/getfit/fit-centre/>; 306-966-1001

Other Campuses

Regina Campus has access to the RGH gym.

Prince Albert campus has a Goodlife fitness located near the site.

University Health and Dental Plan

<https://students.usask.ca/health/health-plans.php>, 1-877-795-4428

Find a Local Physician

<https://www.saskatchewan.ca/residents/health/accessing-health-care-services/find-a-family-doctor-in-your-community>

Intermural and Recreation

The University Recreation Services as well as SMSS Sports Director regularly plan intermural and physical activities.

<http://recservices.usask.ca/campus-rec/intramurals/index.php>

SMSS Sports Director

smss.sportsrep@gmail.com

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/>

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.

<http://www.tourismsaskatchewan.com/things-to-do/events>

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/>

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>

Valerie Arnault-Pelletier

Indigenous Students Coordinator College of Medicine 306-966-5901

Mindfulness

The student wellness centre offers mindfulness meditation sessions regularly around campus.

<https://students.usask.ca/articles/mindfulness.php>

Hospital Spiritual Care

Regina: <http://www.rqhealth.ca/departments/spiritual-care/spiritual-care>

Saskatoon:

https://www.saskatoonhealthregion.ca/locations_services/Services/Spiritual-Cultural