



FACULTY OF MEDICINE

University of British Columbia

Vancouver, BC (Sites: Vancouver, Island, South & North)

Contact Information:

Faculty Wellness Program Contact:

Associate Dean: Dr. Janette McMillan
Assistant Dean Dr. Carol Ann Courneya
Assistant Dean: Dr. Christina Roston
Tel: 604-875-4111 ext. 61979

Student Wellness Committee Contact:

Harjot Bedi (harjbedi@gmail.com)



Mental, Emotional and Spiritual 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.

Other resources:

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

Physical Wellness:

Student Health Services are located on UBC Vancouver Campus in UBC Hospital (M334). Call 604-822-7011 or register online to book an appointment. Student Health can be used as a walk-in clinic or you could see the same physician continuously. There are several walk-in clinics and doctor's offices near UBC, on West 10th street and on Broadway (around Vancouver General Hospital).

Pharmacies: Closest one on the UBC Campus is Shoppers Drug Mart on University Avenue. This particular Shoppers uses the AMS ID if you are covered on the plan.

Gym: UBC Gym is available for free to students, but does get very busy (and smelly). There is a small gym at the Medical School Alumni Centre (located near VGH) that is free for all medical students and residents. It has most basic gym amenities, and you can request to buy specific things based on the budget.

Spartacus: Medical student run fitness events that are run weekly at both UBC and MSAC (VGH) that are open for medical students and residents.

"Health is a state of body. Wellness is a state of being. – J. Stanford "

Financial Aid

For all concerns and questions about financial aid available to medical students, contact **Jennifer Fong**, Student Financial Assistance Officer at the Office of Student Affairs at Jennifer.fong@ubc.ca or 604-875-5834.

Jennifer Fong runs several financial information sessions throughout the year based on the general concerns. Some examples of workshops: when to apply for government student loans for incoming medical students, providing information about different Line of Credits offered by banks, filling out tax return forms, strategies about paying loans back for graduating students etc.

Aid sources available:

1. Student Aid BC
2. UBC Bursaries
3. Line of Credits offered by most banks
4. Private funding available throughout the year
5. Summer Student Research Program – for summer research projects

Quick Find

Explore the UBC Medicine Student Resources Website (<http://mdprogram.med.ubc.ca/student-resources/>) for comprehensive list of many resources available.



Career Planning and Academic Support

Career Planning Program (CPP) is available to all medical students with the goal to plan for future careers in medicine and prepare for applications to residency programs. The CPP also gives information about shadowing and interview opportunities tailored to each year of study.

Contact **Dr. Winson Cheung**, Director of Career Planning, Office of Student Affairs for questions and concerns regarding career planning. Phone: 604-875-4111 ext. 61696

Mentorship Programs are designed for all UBC Medical students where they get a chance to connect with students from other years and also with 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.

Places to Study:

On UBC Campus:

1. Several libraries on campus (but they do get very busy during exams)
2. Life Science Complex – East Atrium or PBL rooms (very famous study places among medical students and are accessible 24/7 with student card access)
3. 15 mins from campus: Calhoun's coffee shop that is open 24/7 (& several coffee shops around campus)

Around VGH:

1. PBL rooms in Diamond Health Centre – available 24/7 with access
2. Biomedical Branch Library (Woodward): located on 2nd floor of Diamond Health Centre
3. Medical Student Alumni Centre
4. Several Coffee Shops in and around Diamond

Where to eat

Food

Vancouver has no shortage of food. There are always too many options of places and cuisines to pick from.

On UBC campus:

- Closest places: Café Perugia, located in Life Sciences complex, and Starbucks, located about 3 mins walk away.
- For a greater variety of options: Student Union Building and UBC Village (including the basement cafeteria in UBC Village) are the best options.

In and around VGH:

- Diamond Health Centre has several small restaurants offering snacks, salads and sushi.
- Cafeteria and Café Ami in Jim Pattison Pavilion at VGH.
- Countless restaurants on Broadway spanning the length of VGH and beyond.

Student living in residence could gain access to the Dining Halls by paying for the meal plans.



a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA
Faculty of Medicine
Department of Medicine

Vancouver is known for its diverse cuisine. When in Vancouver, be sure to explore the city and several restaurants and sites it has to offer.

