

Contact Information

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Dr. Kathy Swayze, Niagara Regional
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Mental, Emotional and Spiritual Wellness

Hamilton

McMaster Student Wellness Centre,
905-525-9140 x27700
Open Circle Spiritual Centre (on campus)

Waterloo

University of Waterloo Health Services,
(519) 888-4096
Dr. Tom Ruttan, Psychologist, 519-888-4567
x33121, truttan@uwaterloo.ca

Niagara

Brock University Health Services,
905-688-5550 x3243
Faith and Life Centre (on campus)

All Campuses

> *Student Advisors* - each student is paired with a physician who acts as a mentor and resource through their three years in medical school

> *MacMasters* - upper year student to give advice and guidance

> *Student Buddy* - paired with an upper year student upon admission to help with transition to medical school

Physical Wellness

Hamilton

- McMaster Student Wellness Centre,
- 905-525-9140 x27700
- On-campus pharmacy
- Shopper's DrugMart, 1341 Main Street West
- Urgent Care Centre, 690 Main Street West

Fitness → The Pulse on campus gym, World Gym within 5-minute drive, various Goodlife Fitness and YMCA gyms nearby, Gravity rock climbing gym

Waterloo

- University of Waterloo Health Services, (519) 888-4096
- On-campus Family Medicine clinic
- Shopper's DrugMart, 250 King Street West

Fitness → small gym located on campus, University of Waterloo gym available for use, Grand River Rocks rock climbing gym, LA Fitness and GoodLife Fitness down the road

Niagara

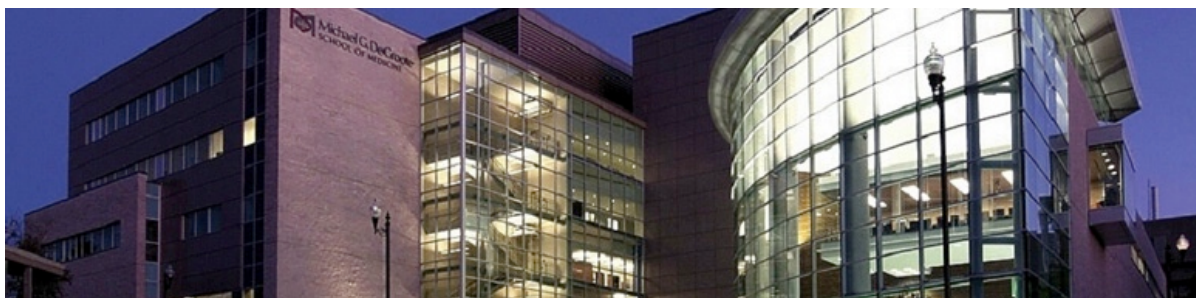
- Brock Health Services, (905) 688-5550 x3243
- On-campus pharmacy

Fitness → Brock University gym, nearby GoodLife Fitness, Moksha Yoga, and World Gym

"I find that McMaster really values wellness and makes it a key priority in our curriculum. From self-care and mindfulness lectures, to wellness week events such as yoga and therapy dogs, there is a strong emphasis placed on both physical and psychological well being."

Financial Assistance

- Office of Student Financial Aid and Scholarships
 - o <http://sfas.mcmaster.ca>
- McMaster medical student bursary program
 - o Ranging from \$3000-\$5000
 - o Apply online through mosaic.mcmaster.ca
- Financial Wellness speakers from Meridian and TD
- Financial management consultations from MD Management



Quick Find

MD Program Student Affairs:

http://fhs.mcmaster.ca/mdprog/student_affairs.html



Career Planning and Academic Support

Career Guidance Coordinators:

- Laurie Barlow lbarlow@mcmaster.ca
- Claire Rivlin rivlinc@mcmaster.ca
- Liz Koblyk koblykek@mcmaster.ca

Elective Coordinators:

- Doreen Reeve (Hamilton) dreeve@mcmaster.ca
- Michelle Relic (Waterloo) relicm@mcmaster.ca
- Sara Poole (Niagara) sara.poole@medportal.ca

McMaster Medicine Interest Groups

Provide lecture series, contact with local physicians, clinical skills session etc. to inform people about various specialties

Lunch & Learns

Lunch time sessions where different local physicians come in and speak about their specialties, at Waterloo and Niagara regional campuses

Study Spaces

Hamilton

- Medical student lounge
- Study rooms available through the building
- Health Science library with group study spaces, comfortable chairs, and individual carousels
- Nearby Williams and Starbucks with study spots

Waterloo

- Medical student study area with couches and tables
- Tutorial rooms available for use
- Computer lab
- Library on campus

Niagara

- Medical student lounge
- Chairs with attached desks
- Tutorial rooms available for use
- Computer lab and access to Brock library

Where to eat

Hamilton

- Metro – 845 King St West, 20 minute walk
- Fortinos – 50 Dundurn St South, 10 minute drive
- Hospital cafeteria at all hospital sites
- Williams in Health Science Centre
- McMaster food court
- Fast food restaurants across the street from campus
- Nutritional resources: hospitality.mcmaster.ca

Waterloo

- Central Fresh Market – 760 King St West, 5 minute walk
- Valumart – 75 King St North, 5 minute drive
- Popcorn machine, coffee machine, fresh fruit, and kitchenette on campus
- Small cafeteria located in the UW School of Pharmacy next door
- Hospital cafeterias at all hospital locations

Niagara

- Sobeys – 344 Glendale Ave, 8 minute drive
- Coffee machine and kitchenette on campus
- McDonalds and Tim Horton's across the street
- Brock food court
- Hospital cafeterias at all hospital locations

Highlights and Extras

Hamilton

On campus -
Medical student lounge with kitchenette, fireplace, 2 TVs with Netflix, couches etc.

Off campus -
Nearby waterfalls and nature trails
<http://www.waterfalls.hamilton.ca>

Waterloo

On campus - ping pong table, Wii, piano, and basketball net

Off campus –
Kitchener market and St. Jacob's market
<http://www.kitchenermarket.ca/en/index.asp>

Niagara

On campus -
student lounge with comfortable chairs kitchen area, and treadmill desks

Off campus –
Niagara Falls, local wineries
<http://www.niagarafallstourism.com>

