



FACULTY OF MEDICINE

University of British Columbia

Faculty of Medicine; Vancouver, Victoria, Kelowna, Prince George

Key Contacts and Websites

Student Affairs

Dr. Janette McMillan (Associate Dean)

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Dr. Carol Ann Courneya (Assistant Dean)

courneya@mail.ubc.ca

Dr. Christina Roston (Assistant Dean)

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Student Affairs: 604-875-4111 local 61979

Doctors of BC

www.doctorsofbc.ca

College of Physicians and Surgeons of BC

www.cpsbc.ca

Websites

MD Program: <http://mdprogram.med.ubc.ca/>

Student Affairs: <http://mdprogram.med.ubc.ca/student-resources/contact/>

Medical Student Association: <http://mus.med.ubc.ca/>

Academic and Career Wellness

Dr. Aalok Kumar Director of Career Planning

aalok.kumar@ubc.ca

Career Planning Program (CPP) is available to all medical students for assistance with career planning and CaRMS applications. CPP offers individual career advice, as well as shadowing and interviewing opportunities.

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.

Woodward Library (UBC Vancouver Campus)

UBC Biomedical Branch Library (Diamond Healthcare Centre)

<https://woodward.library.ubc.ca/>

Emotional/Mental 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

Financial Wellness

Jennifer Fong Student Financial Assistance Officer
Gordon & Leslie Diamond Health Care Centre
RM 8135A- 2775 Laurel Street
jennifer.fong@ubc.ca or (604) 875-5834

Other Aid sources available:

Student Aid BC

www.studentaidbc.ca

UBC Bursaries

On Student Services Centre (SSC) website

Line of Credits offered by most banks

Physical Wellness

Student Health Services

UBC Vancouver Campus in UBC Hospital (M334).
Call 604-822-7011 or book online.
<https://students.ubc.ca/health-wellness/student-health-service#make-an-appointment>

AMS Health and Dental Plan

<https://www.ams.ubc.ca/services/health-dental-plan/>

Find a Family Physician

<https://www.physicianhealth.com>

BC HealthLink Number: 8-1-1 (non-emergencies)

Safety Procedures

<http://mdprogram.med.ubc.ca/student-resources/safety-and-emergency-management/>

Gym

UBC Gym – free for students (can get busy)
MSAC Gym – free for students and residents (near VGH)

Spartacus

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

Social/Relationship Wellness

MUS Clubs

With hundreds to choose from. Clubs night held every year for all medical students to learn more and sign up.

<http://mus.med.ubc.ca/club-directory/>

UBC Intramurals

Join sports leagues or attend events

<http://www.recreation.ubc.ca/intramurals/>

Medical Student Lounge (Life Sciences Centre)

Spiritual Wellness

Religion and Spirituality Resources

Available to all UBC students

<https://students.ubc.ca/campus-life/religion-spirituality>

Mindfulness and Meditation in Medicine at UBC

Student run initiative that provides opportunities for medical students, residents, physicians and their friends and families to learn about and practice mindfulness and meditation.

UBC Med Yoga Club

Host weekly student run yoga classes for all students.