



UNIVERSITY OF  
CALGARY

# University of Calgary

*Cumming School of Medicine Calgary, Alberta*

## Contact Information

**Dr. Ron Cusano**- Director Student Affairs-  
contact:

**Adele Myers** (Student Affairs)  
ucmedapp@ucalgary.ca (403) 220-4282

**Sabrina Dzafovic** (Class of 2017)  
sabrina.dzafovic@ucalgary.ca

Carli Clemis (Class of 2016)  
crclemis@ucalgary.ca



## Mental, Emotional and Spiritual Wellness:

### Peer Listening & Wellness Group-

EmilyMcPhail & Brina Goyette  
emily.cm.mcphail@gmail.com  
brina.goyette@ucalgary.ca

### Counselor Jeff vander Werf -Friday afternoons by appointment

jpvander@ucalgary.ca

**The Alberta Medical Association Physician  
and Family Support Program**-confidential  
24/7 hotline for you or a family member.  
1-877-767-4637.(1-877-SOS-4MDS)

### Main Campus Counselling

[www.ucalgary.ca/wellnesscentre/services/counselling](http://www.ucalgary.ca/wellnesscentre/services/counselling)

### Faith & Spirituality Centre

[www.ucalgary.ca/fsc](http://www.ucalgary.ca/fsc)

### Native Centre-

<http://www.ucalgary.ca/nativecentre/>

**CMDS (Christian Medical & Dental  
Students)** [cmds.calgary@gmail.com](mailto:cmds.calgary@gmail.com)

## Physical Wellness

**Health Services** Main Campus has a Medical  
Clinic for appointments and walk-ins.

<https://ucalgary.ca/wellnesscentre/services/health>  
You can also get information on your student  
health insurance program at this site.

**Needlestick Injury?** Check here for instructions on  
what to do next.  
<http://www.ucalgary.ca/mdprogram/home/needle-stick-or-other-exposure>

**Need a workout?** Check out [activeliving.ca](http://activeliving.ca) for  
programs and schedules at the beautiful main  
campus facilities. A close option is the much  
smaller gym in the basement of the Med School.  
A key can be obtained from the Security Desk for  
\$20 which gives you 24/7 access.

A third option is the Kinetics Gym, a privately run  
facility in the TRW building which is attached to  
the Med School Building. They offer discounts to  
students as does Goodlife.

Other exercise options abound in Calgary with  
multiple options near campus. Some student-  
recommended ones are YYC Spin, Moshka Yoga,  
Yoga Shala, and Crossfit AI not to mention the  
numerous parks and the mountains!

*"I believe compassion to be one of the few things we can practice that will bring  
immediate and long-term happiness to our lives."*

## Financial Resources

1. Information about Cumming School of Medicine Awards and Bursaries may be found at <http://www.ucalgary.ca/mdprogram/student-affairs/financial-aid>

More general information regarding Student Loans and Undergraduate bursaries may be found at

<http://www.ucalgary.ca/studentfinance/>

<http://studentaid.alberta.ca> and <http://www.canlearn.ca/eng/index.shtml>

2. The Alberta Medical Association has bursaries available for Medical Students. Visit [www.albertadoctors.org](http://www.albertadoctors.org)

3. Free financial counselling is available to Medical Students, Residents, and Physicians from MD Management. Use their website for information or to arrange an appointment with a financial advisor. <https://mdm.ca/wealth-management/>

**EMERGENCY? Check here for advice and resources.**

**<http://www.ucalgary.ca/mdprogram/current-student/students-emergencycrisis>**

## Career Planning and Academic Support

**Dr Keltie Duggan is the main contact at student affairs for career planning. Appointments can be made via Adele at (403) 220-4282.**

**For Academic concerns, you can speak to the staff at Student Affairs (403) 220-HELP who can advise you if you need to speak with an Associate Dean at the UME.**

**For Professionalism concerns or if you feel you have been mistreated in the context of your medical studies, you may report anonymously [here](#)**

<http://www.ucalgary.ca/mdprogram/home/mistratement>.

**You can also contact The Professionalism Committee at [med.professionalism@ucalgary.ca](mailto:med.professionalism@ucalgary.ca)**



## Favourite Study Spots

The BACs Centre is prime studying territory with 24/7 access with your student card. Of course the Health Sciences Library is another good spot. Small group rooms can be booked in the library via <http://library.ucalgary.ca.hsl>

Small group rooms in the rest of the HSC building or a physical exam room in Med Skills are bookable by emailing [irrooms@ucalgary.ca](mailto:irrooms@ucalgary.ca)

## Need a Study Break?

Head to the Med Student Lounge where we have a kitchenette, to heat up some food or make a coffee. We also have foosball, ping pong, pool and air hockey tables so you can challenge your study partner to some friendly competition. Our lounge also has video games, some board games and a piano!

## FOOD

### Around Campus

Good Earth Café in the Foothill's Hospital Lobby offers some delicious lunch options and baked goods to go with their coffee which is among the best!

On the Go! Café is a convenient option located in the HSC building near the Atrium

Across the street you can find Gus' Pizza, The Keg, Wendy's, Billingsgate Fish & Chips, Thai, and Moose's Pub

### Around Calgary

Breakky – Vendome (breakfast sammies!), Diner Deluxe, Over Easy

Lunch - Thi Thi Vietnamese Subs, Boogies Burgers, Lena's Italian Market, Edelweiss, T&T Supermarket Marlborough.

Dinner- Anejo, Wurst, Sushi Bar Zipang, Anju, Pho Kim

Tasty & Open Late – Una Pizza & Wine, Schwarma King

Farmer's Markets – Calgary FM, Hilhurst Sunnyside FM, Parkdale FM

## Highlights and Extras

Things to do in Calgary

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

### Family Adventures

Calgary Zoo

Calaway Park

Heritage Park Historical Village

Calgary Wading, Spray & Outdoor Pools

Telus Spark Science Centre

Canada Olympic Park (zipline, skiing, biking, luge, Sports hall of Fame)

### Favourite Parks

Bowness Park, Stanley Park, Edworthy Park, Prince's Island Park, Nose Hill Park

**1-800-SOS-4MDS**

