



University of Saskatchewan

Saskatoon, SK (Sites: Saskatoon, Regina, Prince Albert)

Faculty Wellness Program Contacts:

- Edith Conacher (Saskatoon)
306-966-4751, edith.conacher@usask.ca
- Dr. Nicole Fahlman (Regina)
306-209-0142, nicole.fahlman@usask.ca
- Dr. Dale Ardell (Prince Albert)
306-763-8888, drdardellpc@sasktel.net

Student Wellness Committee Contact:

- Galilee Thompson
306-737-3727, galilee.thompson@usask.ca



Mental, Emotional and Spiritual Wellness

The Saskatchewan Medical Association (SMA)

Physician Health Program – contact Brenda Senger, Director of Physician Support Programs

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

For more resources and info, visit:

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

The College of Medicine Office of Student Services –

contact Edith Conacher, Coordinator of Office of Student Services

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

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>

Physical Wellness

Medical Services

- Walk-ins or appointments with MDs, NPs, and RNs are available at the Student Health Clinic at the Saskatoon campus (306-966-5768) on the 4th floor of Place Riel.
- A pharmacy is located on the first floor of Place Riel.

Exercise and Athletic Facilities

- The on-campus gym in Saskatoon, "The PAC", offers cardio and weight equipment, a rock-climbing wall, and more. Drop-in exercise classes are also available. Schedule and more information is available at: <http://www.usask.ca/activities/recreation.php> for schedule.
- Regina campus has a small gym on site
- A Goodlife Fitness is located near the Prince Albert site
- Just west of our Saskatoon campus are great walking/biking paths around the lovely South Saskatchewan River; while west of the Regina campus is beautiful Wascana Lake.

"The ever-changing weather in Saskatchewan means a great variety of activities & scenery to enjoy – even the frigid winters really promote togetherness and creativity."

- Students can seek *financial assistance* through Government of Saskatchewan Student Loans, a line of credit (available from most banks), and seeking scholarships through the University and College of Medicine.
- For *financial planning* or advice, students can contact MD management at 306-244-0077.
- For *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.

Quick Find

Keep up-to-date on current SMSS (student council) events here:
www.saskmedstudents.com



- You can also gain support through the College of Medicine Office of Student Services – Edith Conacher, 306-966-4751, edith.conacher@usask.ca.

Career Planning and Academic Support

Mentoring programs (with peers or with physicians) as well as career advice are available to all U of S medical students.

Career development/mentoring:

Gabriella Mezo-Kricsfalusy, Career Development Officer, Undergraduate & Postgraduate Medical Education gabriella.mk@usask.ca

Academic support:

The College of Medicine Office of Student Services – Edith Conacher, Coordinator of Office of Student Services
 306-966-4751, edith.conacher@usask.ca



- Several libraries are available on the Saskatoon campus, including a new facility in the Health Sciences building.
- Online resources for medical students can be accessed from any site <http://libguides.usask.ca/medicine/UGME>.
- Students in Regina have 24-7 access to a library in the Regina General Hospital.
- Student lounges are available in Saskatoon, Regina, and PA hospitals for clerks

Saskatoon Campus/Royal University Hospital

- "The Downstairs Café" in the hospital has a variety of great fresh and/or warm lunch options
- There are a Starbucks and a Tim Hortons within the building
- Other good choices are found in the lower level of Place Riel, and the Saint Thomas Moore Cafeteria (in neighbouring buildings on campus)

Saskatoon Off-campus

- There is a large Superstore on 8th St. with many options for groceries (e.g., organic, vegan, gluten-free, ethnic foods, etc.)
- Saskatoon has a farmer's market all year <http://www.saskatoonfarmersmarket.com/>.
- For gluten free or vegan baking, check out The Griffin Takeaway (at 3311 8th St E, Saskatoon)
- Leyda's is a delicious and healthy restaurant owned by a local physician (<http://www.leydas.ca/>), with many vegan, nut-free, and gluten-free options

Regina

- Regina General Hospital has a cafeteria and a Robin's Donuts
- Off campus, check out 13th Avenue Coffee House for local vegetarian options, or enjoy local music over dinner at the Artful Dodger
- For farmer's market schedule check <http://reginafarmersmarket.ca/>

Prince Albert

- Prince Albert has great food in the hospital cafeteria
- For farmer's market schedule and other local events, visit <http://princealbertdowntown.ca/>

Where to eat

Highlights and Extras

- Check out **mindfulness meditation** sessions presented by U of S Counselling Services: <http://students.usask.ca/articles/mindfulness-meditation.php>
- Engage in Saskatchewan **Arts & Culture** <http://www.saskculture.ca/>
- Join the fun at a Saskatchewan Roughriders game <http://www.riderville.com/>

