



Queen's University

Kingston, Ontario

Contact Information

Faculty Wellness Program Contact:
Associate Dean: **Dr. Anthony Sanfilippo**
Director of Student Affairs: **Dr. Renee Fitzpatrick**, learnerwellness@queensu.ca

Student Wellness Officer Contact:
Meghan Bhatia, wellness@qmed.ca



Mental, Emotional and Spiritual Wellness

The **Learner Wellness Centre** under Queen's UGME has dedicated Student Wellness Advisors. Advice and help is provided in a confidential manner.

Non-faculty, Medicine-dedicated Personal Counsellor:
Janet Roloson, counselling.services@queensu.ca

General Personal Counsellor:
Health, Counselling & Disability Services,
counselling.services@queensu.ca

External resources:

24-hour confidential line 613-533-2506

Frontenac Community Mental Health Services
www.fcmhs.ca 613 544-1356

Physician Health Program
<http://php.oma.org/>
Confidential hotline: 1-800-851-6606

Canadian Mental Health Association, Kingston Branch
www.kingston.org/cmha 613 549-7027

Physical Wellness

Health, Counselling and Disability Services provides confidential, student-centred on-campus health care. Appointments can be booked over the phone. Urgent care is offered during the academic year.

<http://www.queensu.ca/hcds/>

The LaSalle Building, 146 Stuart Street 613-533-2506

Off-campus care can be accessed at:
CDK Family Medicine and Walk-in Clinic
175 Princess St. 613-766-0318
M-F 9 am-7 pm; Sat & Sun 10 am-2 pm

Hotel Dieu Hospital Urgent Care Centre
166 Brock St.
Daily 8 am-8 pm

KGH Emergency Room
Kingston General Hospital, 76 Stuart Street

Pharmacies: The on-campus DrugSmart Pharmacy is located in the Queen's Centre (ARC). Shoppers Drug Marts are located at Division & Princess, and Bagot & Princess.

Athletic Centres:
Queen's Athletic and Recreation Centre (included)
284 Earl St. <http://gogaelsgo.com/index.aspx>

GoodLife Fitness
54 Barrack St. 613-540-3220

Fit4Less (GoodLife branch)
1100 Princess St. 613-545-2499

"Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel and believe have an affect on our state of well-being." – George Anderson

Financial Aid Resources

Scholarships, awards, and bursaries are available to all students. For more information:

Queen's University – Student Awards

www.queensu.ca/studentawards

613-533-2216

Undergraduate Medical Education – Awards

meds.queensu.ca/education/undergraduate/current_students/awards

Ontario Student Assistance Program

[https://osap.gov.on.ca/](http://osap.gov.on.ca/)

For financial planning, counselling and management:

Dr. Renee Fitzpatrick

Student Counselling Service – Learner Wellness Centre
82-84 Barrie St
learnerwellness@queensu.ca

613-533-6000 x78451

MD Management

<http://mdm.ca/students/>

866-243-9505

Also see their financial planning tool: <https://mdm.ca/tools/debt-projection/index.asp>

Also consider contacting your bank or a financial advisor to discuss further financial plans.

Financial Assistance

"The strong individual is the one who asks for help when he needs it."

-Rona Barrett

Quick Find

Explore some Queen's resources!

Medical Student Handbook:

http://meds.queensu.ca/assets/UGME_SHB.pdf

Learner Wellness Centre:

http://meds.queensu.ca/education/undergraduate/student_affairs

QMED Help Tool

What is it?

This tool is intended as a quick reference for medical students who find themselves in an emergency or crisis situation or needing quick reference/guidance. It does not connect you directly to assistance.

If the health or safety of you or someone else is at risk, please call 911.

<http://meds.queensu.ca/education/undergraduate/help>

Career Planning and Academic Support

The Learner Wellness Centre provides dedicated career and academic counsellors to provide appropriate advice and support.

For questions and concerns regarding career planning:

Dr. Kelly Howse & Dr. Susan Haley

Learner Wellness Centre
82-84 Barrie St.
learnerwellness@queensu.ca

613-533-6000 x78451

Christine Fader

Career Services
74 Union St. (Gordon Hall)
<http://careers.queensu.ca/students/services/appointments/counselling.html>

613-533-6000 x77952

Careers in Medicine
<https://www.aamc.org/cim/>

For questions and concerns regarding academic wellness:

Dr. Susan Macdonald

Learner Wellness Centre
82-84 Barrie St.
learnerwellness@queensu.ca

613-533-6000 x 79451

For help in specific areas of study, you are encouraged to first speak directly to the presenter of the lecture or session. Additional guidance in a course can be provided by the Course Director or Year Directors found on MedTech.

Academic Secrets to Success

Places to study

Study Rooms & Libraries:

New Medical Building Study Rooms
Bracken Library
Stauffer Library
Douglas Library

Lounges:

Medical Student Lounge (NMB basement)
Lantern rooms (NMB)
Red Room (Kingston Hall)
Massey (Etherington Hall)

Coffee Shops & Café's:

Common Ground (on campus – Queen's ARC)
Tea Room (Beamish-Munroe Hall)
Starbucks (Division & Johnson, Clergy & Princess, Wellington & Princess)
David's Tea (Princess St.)
Tim Horton's (Princess St.)
Coffee & Company (Princess St.)
Sleepless Goat Café (Princess St.)
Sipps (Ontario & Brock)
The Common Market (Ontario St.)
CoffeeCo (King St)...& more!



Where to eat

Groceries:

Walking Distance

Market at the ARC (on campus), Metro (Brock & Barrie), Asian Market (Clergy & Princess), Food Basics (Wellington & Barrack)

Driving Distance

Loblaws, Farm Boy, Costco, Walmart Superstore

Farmer's Market:

Market Square - Tues/Thurs/Sat April-Nov

On Campus:

1-2 minutes

FastLane Market (NMB), Botterell Cafeteria, Tim Horton's (BioSciences Complex)

5 minutes

Tea Room (Beamish-Munroe Hall), Tim Hortons (KGH), KGH Cafeteria
Queen's ARC – Common Ground, Tim Hortons, Teriyaki, Pita Pit, Pizza
Pizza, Booster Juice

Kingston has one of the highest restaurants per capita of any city in Canada. Take a stroll around downtown Kingston to explore your options or check out <http://www.downtownkingston.ca/dine>.

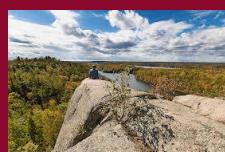
Things to do



Waterfront Pathway



Winter Skating



Hiking Trails (Rock Dunder)



Wolfe Island