**Key Contacts and Websites**

**McMaster University**

*Hamilton, Niagara, and Waterloo, ON*



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***McMaster University***

Wellness Counsellor

Lisa Giles,

gilesl2@mcmaster.ca

Ontario Medical Association

General Inquiries, 1-800-268-7215

Physician Health Program, 1-800-851-6606

The College of Physicians and Surgeons of Ontario

<http://www.cpso.on.ca/About-Us>

**Contact Information**

**Dr. Jorin Lukings**

Director of Student Affairs, NRC

[lukingsjj@mcmaster.ca](mailto:lukingsjj@mcmaster.ca)

**Dr. Margo Mountjoy**

Director of Student and Resident Affairs, WRC

[mountjm@mcmaster.ca](mailto:mountjm@mcmaster.ca)

**Dr. Christina Grant**

Director of Student Affairs, Hamilton

[chgrant@mcmaster.ca](mailto:chgrant@mcmaster.ca)

Websites

**MD Program:** <http://mdprogram.mcmaster.ca/students/student-resources>

**Student Affairs:**

<http://mdprogram.mcmaster.ca/students/student-affairs>

Career Guidance Counsellors

* Kent Robinson, Career Counsellor [kent.robinson@medportal.ca](mailto:kent.robinson@medportal.ca)
* Claire Rivlin, Academic Skills and Career Counsellor

rivlinc@mcmaster.ca

Elective Coordinators:

* Susheel Gurcha, [Hamilton]

gurchas@mcmaster.ca

* Sara Poole, [Niagara]

sara.poole@medportal.ca

* Christina Chan, [Waterloo]

chanc77@mcmaster.ca

*McMaster Medicine Interest Groups*

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

*Student Advisors*

Each student is paired with a physician who acts as a mentor and resource through their three years in medical school

**Academic Support and Career Wellness**

Hamilton

McMaster Student Wellness Centre,

905-525-9140 x27700

*Offers both counselling and medical services. Counselling services are offered in both group and private settings.*

McMaster Multifaith <https://multifaith.mcmaster.ca/mcmaster-university-multifaith-resources>

Niagara

Niagara Distress Centre,

905-688-3711

Brock University Health Services,

905-688-5550 x3243

*Offers both counselling and medical services. Counselling services are offered in both group and private settings.*

Faith and Life Centre (on campus)

Waterloo

University of Waterloo Health Services,

(519) 888-4096

Monthly wellness events

Dr. Tom Ruttan, Director of Counselling Services

519-888-4567 x33121

**Spiritual/Emotional/Mental Wellness**

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* Office of Student Financial Aid and Scholarships
  + <http://sfas.mcmaster.ca>
* McMaster medical student bursary program
  + Ranging from $3000-$5000
  + Apply online in the early fall through http://mosaic.mcmaster.ca
* McMaster medical student scholarships available
  + <http://mdprogram.mcmaster.ca/students/student-resources>
* Financial Wellness speakers through Meridian and TD
* Personal Financial Management Consultations available from MD Management
* MAC’s Money Centre
  + <http://money.mcmaster.ca/>​
* Budgeting Worksheet
  + can be found at http://mdprogram.mcmaster.ca/students/student-resources

**Financial Wellness**

Hamilton

* McMaster Student Wellness Centre

905-525-9140 x27700

* On-campus pharmacy
* Shoppers DrugMart, 1341 Main Street West
* Urgent Care Centre, 690 Main Street West

905-521-2100

*Fitness: The pulse on campus gym, Intramurals on campus, Goodlife Fitness and YMCA Gyms nearby, Gravity rock climbing gym, Cootes Paradise trails*

Waterloo

* University of Waterloo Health Services,

519-888-4096

* On-campus family medicine clinic
* Shoppers DrugMart, 250 King Street West

*Fitness: small gym located on campus, University of Waterloo gym available for use, intramurals available at the University of Waterloo, Grand River Rocks climbing gym, Waterloo Memorial Recreation Centre, Goodlife Fitness Locations nearby*

Niagara

* Brock Health Services

905-688-5550 x3243

* On-campus pharmacy

*Fitness: Brock University gym, nearby GoodLife Fitness, Moksha Yoga, World Gym, Peaks indoor rock climbing gym, the Bruce Trail on the Niagara Escarpment, Short hills provincial park*

**Physical Wellness**

All campuses have access to the UGME interest groups and clubs. They may be accessed here <http://www.macmedsc.ca/>

Hamilton

* On campus medical student lounge with kitchenette, fireplace, 2 TVs with Netflix, couches, etc.
* Nearby waterfalls and nature trails
  + <http://www.waterfalls.hamilton.ca>

Waterloo

* On campus ping pong table, Wii, piano, and basketball net
* Off campus Kitchener and St. Jacob’s market

Niagara

* Medical student lounge with couch, comfy chairs, foosball table, TV, and guitar
* Nearby trails along the Niagara escarpment
* Organized inter-class events throughout the year

**Social/Relationship Wellness**



***McMaster University***