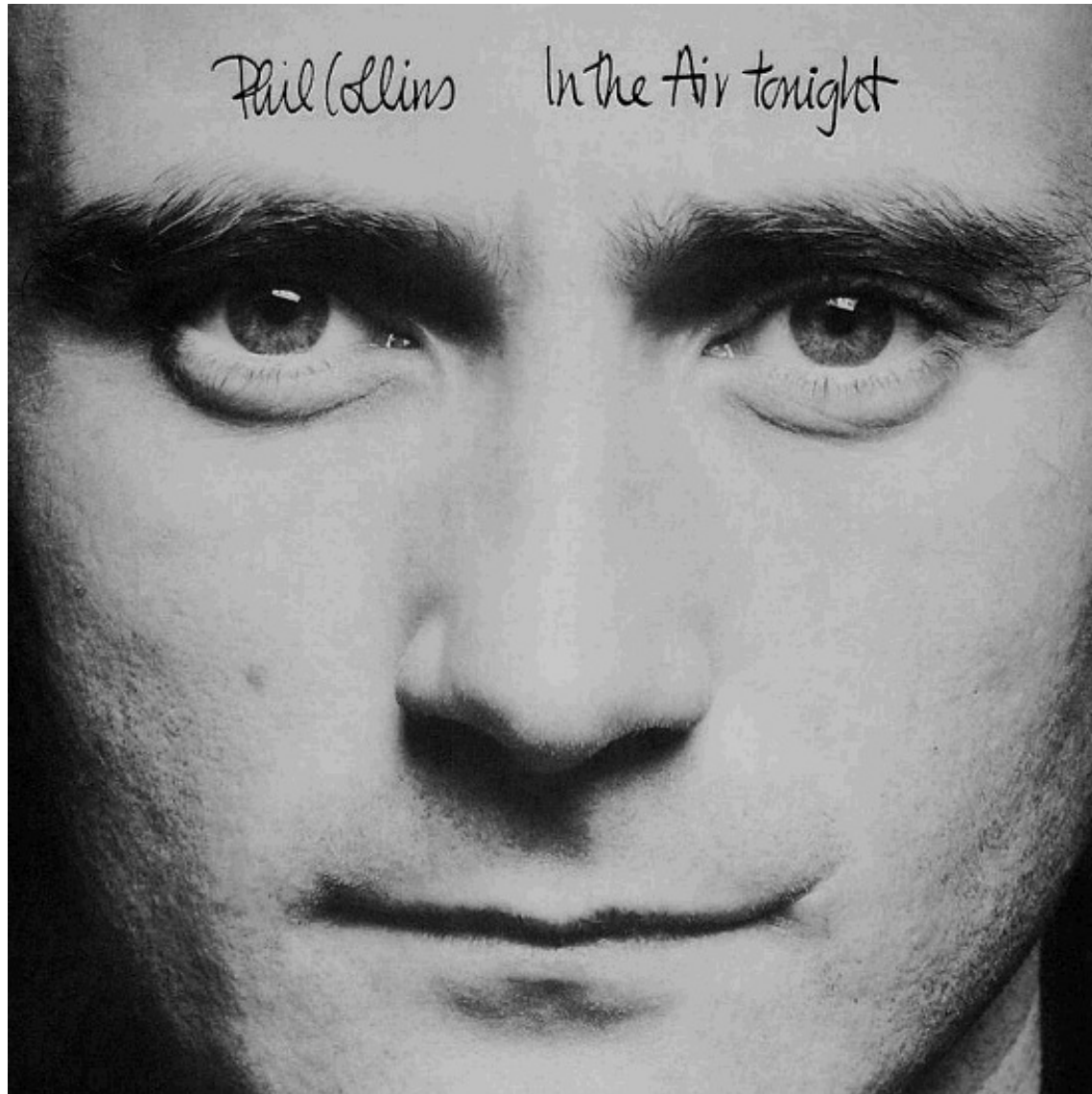


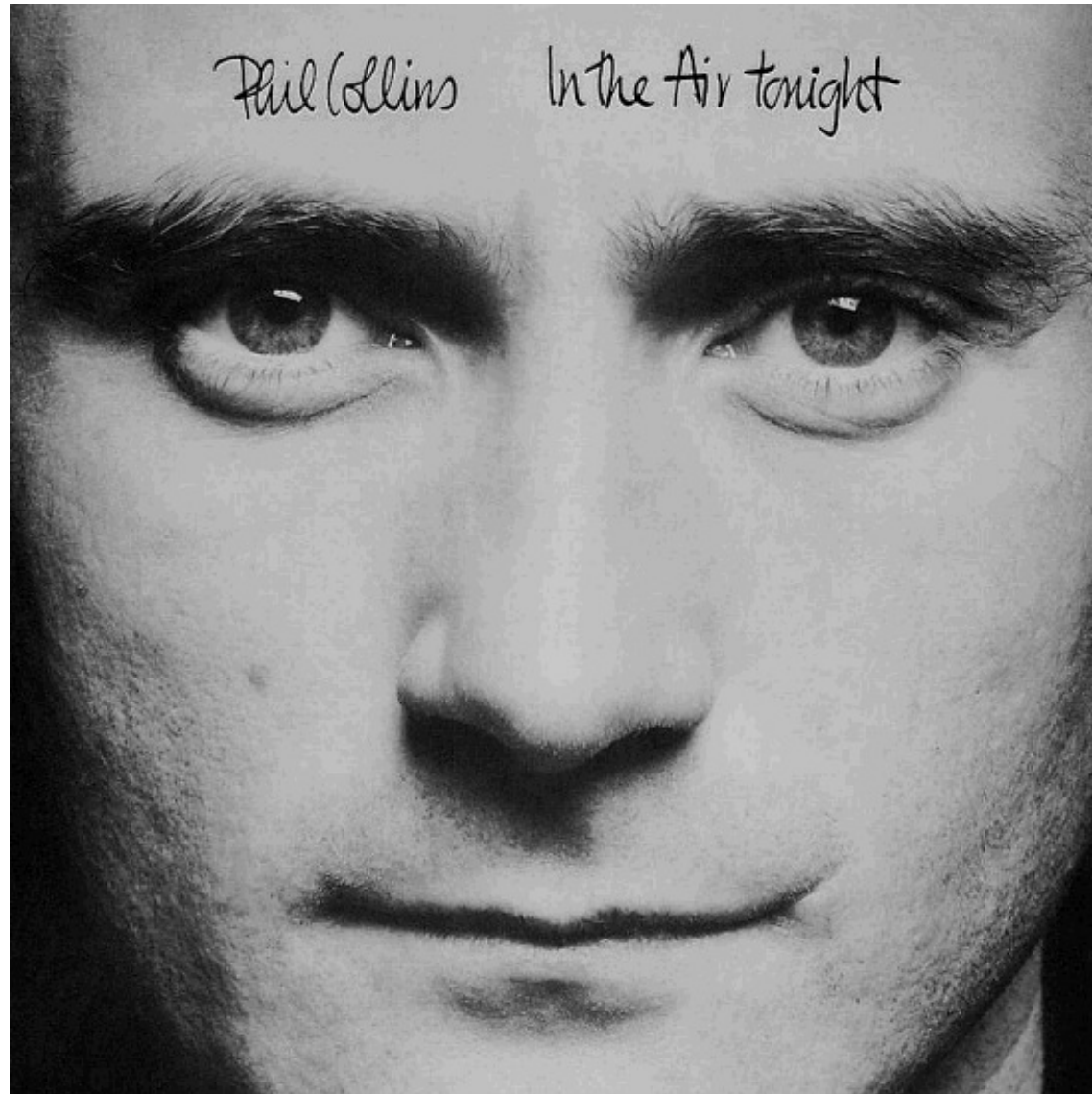
The Schulich Learner Wellness Office and You



Donald Farquhar, MD, FRCPC
Professor of Medicine
Assistant Dean, Resident
Wellbeing
Office of Learner Equity
and Wellness



*I can feel it coming in the air tonight,
I've been waiting for this moment all my life.*



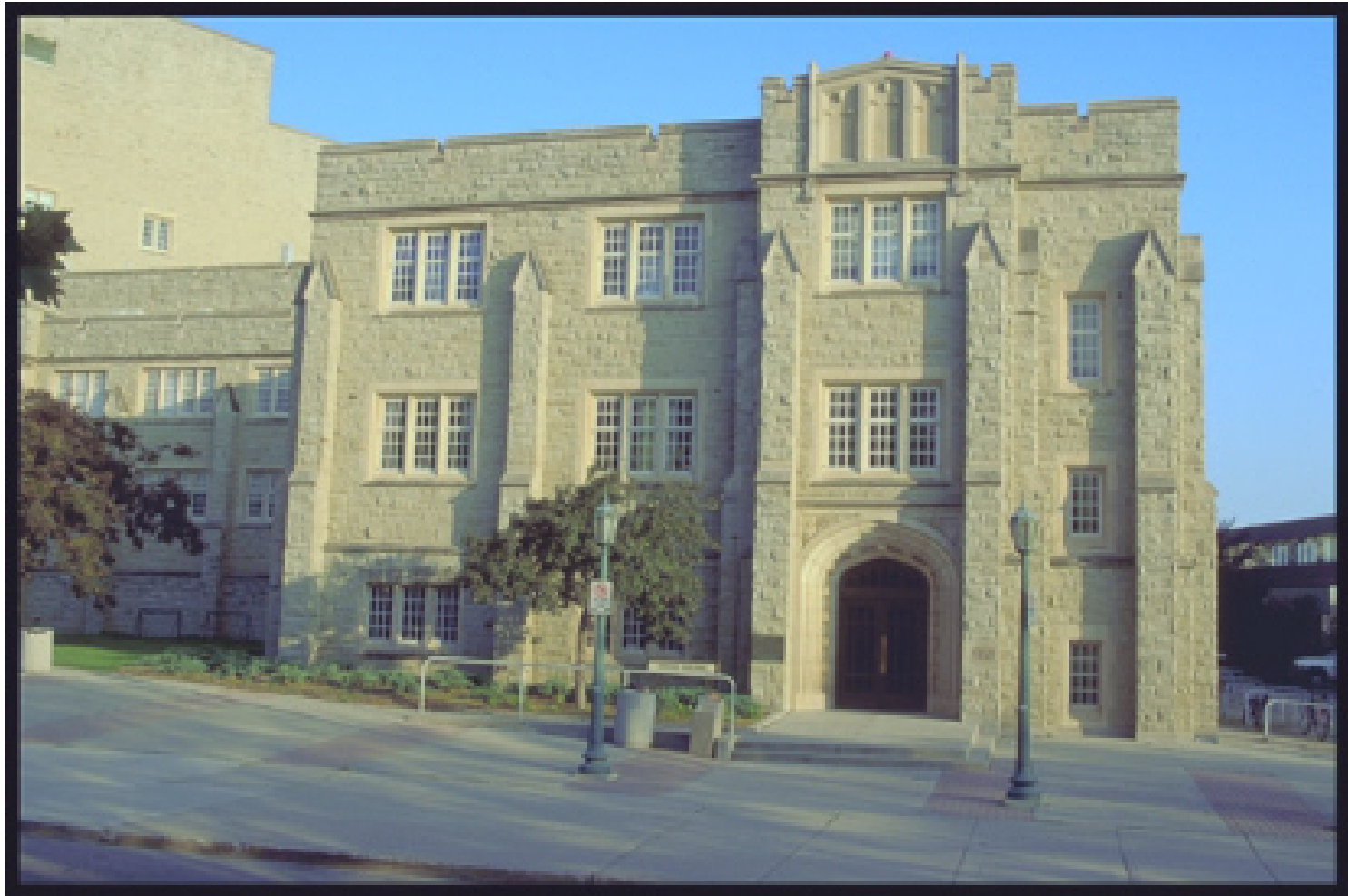
WE MAKE A
LIVING BY
WHAT WE GET,
BUT WE MAKE A
LIFE BY
WHAT WE GIVE.

~WINSTON CHURCHILL

Who We Are



Where We Are



Kresge Building, Western Campus

What We Do

- Provide counselling, coaching and, support for individual learners with:
 - Physical or mental health issues
 - Concerns about career planning or transitions, workplace culture or dynamics
 - Stress related to academic difficulty, performance issues, remediation, exam anxiety, learning needs, finances, or personal/family issues

What We Do

- Collaborate with residency programs, PGME office, PARO, clinical departments and Medical Affairs to:
 - Foster a healthy workplace and learning environment
 - Promote work-life balance
 - Help uphold the highest standards of professionalism

What We Offer

- Safe and confidential space to express concerns, at arm's length from residency program directors, Dentistry and PGME offices, and hospital Medical Affairs
- Advice from seasoned professionals
- Referral to most appropriate additional resources, where necessary

Resilience





• WINNER OF THE PULITZER PRIZE •

THE
EMPEROR
OF ALL
MALADIES



A BIOGRAPHY OF CANCER

SIDDHARTHA
MUKHERJEE

AUTHOR OF *THE GENE*

"A compulsively readable, surprisingly uplifting, and vivid tale. Thrilling."
—O, THE OPRAH MAGAZINE



Best wishes to Western's PGY1 Class of 2018-19!



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