

# WELLNESS BASICS 4.0

## RESOURCE PAGE

### Resident Supports & Contacts

Updated - June 2024

## Supports for Residents in Distress

### Post Graduate Medical Education Office of Resident Affairs and Physician Wellness

- A great new first stop resource for figuring out how to approach any issues that may arise during residency, including wellness for all PGME trainees in Calgary. Their office hours are Monday through Wednesday from 8-4pm. They can both help and refer you to proper resources. There is also a psychologist available in the office. Contact is by phone (**403-210-6525**) or email ([residentwellness@ucalgary.ca](mailto:residentwellness@ucalgary.ca)). You can also visit them in person in the Health Sciences Center. Find out more at:

<https://cumming.ucalgary.ca/pgme/wellness/residents>

### PGME Mental Well-Being

- Here you will find resources on the following topics:

[PGME | Mental Well-Being](#)

- **Mental Distress**
- **Coping with Grief**
- **Self-awareness & Resiliency**
- **Mindfulness Resources**
- **General health information**

### AMA Physician and Family Support Program (PFSP)

- Included in your AMA membership. You and your immediate family members (spouse/partner, dependent children) may contact PFSP toll-free **1-877-SOS-4MDS** (1-877-767-4637), 24 hours a day, 7 days a week, 365 days a year. As part of this program, PFSP will cover the cost of up to six counseling hours for you over a 12-month period, and up to an additional six hours total per family. **They can also help you find your own family doctor.** Find out more at: <https://www.albertadoctors.org/services/pfsp>

### AHS Employee and Family Assistance Program (EFAP)

- The AHS Employee and Family Assistance Program provides **free** access thru AHS, including residents **and** their immediate family members, to a variety of mental wellness resources, including individualized counseling both in person and via email or online chat. EFAP is completely confidential within the limits of the law. No one, including your employer, will ever know that you have used the service unless you choose to tell them. You can contact EFAP at **1-877-273-3134**, 24/7/365. Find out more at:

<https://insite.albertahealthservices.ca/hr/Page964.aspx>

## UC Wellness Centre

- The campus Wellness Centre offers massage and chiropractic to all students, residents, staff, and public.

- **Important Note:** Residents do NOT have access to counseling services and medical support through the Wellness Centre, as they are covered via the **AMA PFSP** and **AHS EFAP** (see above). They do provide these services for U of C Medical Students and would be an important resource to recommend to medical students you work with. Find out more at:

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

## Professional Association of Residents of Alberta (PARA)

- The Professional Association of Residents of Alberta is a group devoted to supporting resident wellbeing. We encourage you to log on to the member side of [para-ab.ca](http://para-ab.ca) for crisis & harassment resources and to partake in wellness initiatives including event tickets as well as wellness research & event funding for residents.

- PARA representatives are available for residents to reach out: 403-236-4841, Monday to Friday 0800 -1600.

## Lead Residents

- An important part of the role of your Co-Lead Residents is to *support wellbeing and morale of fellow Residents; provide a consistent level of support for concerns and issues; advocate for their needs; and work collaboratively in ongoing development and evolution of Family Medicine Residency.* **If you identify a problem within the program or your residency experience, consider reaching out for confidential support.**

## Ombudsperson

- The Department of Family Medicine Residency Program Ombudsperson is a Family Physician who serves as an impartial third party in conflict resolution. The Ombudsperson acts as a resource to residents who may have personal issues or difficulties in the Program, where they don't feel comfortable going to their home program. **Anything discussed with them is confidential and will not affect evaluations or reputation.** The current Ombudsperson for Calgary Family Medicine is Dr. Sanjee Bhatla [sanjeev.bhatla@ahs.ca](mailto:sanjeev.bhatla@ahs.ca)

## Office of Professionalism, Equity, and Diversity (OPED), Cumming School of Medicine

- OPED acts as a resource for issues relating to professionalism, equity and diversity, and develops fair policies, practices and collaborative relationships to support various needs and circumstances. The office triages matters relating to mental health and will assist you in navigating the healthcare system. The office will hear matters concerning conflict in the

workplace in accordance with established faculty protocols. All concerns brought to the office are confidential and will be treated with dignity and respect.

- To reach out with concerns relating to Mental Health, Conflict Resolution, Harassment, and Professionalism breaches where you don't feel comfortable going to your home program, please reach Dr. Pamela Chu at [OPED@ucalgary.ca](mailto:OPED@ucalgary.ca) (confidential email).

## Important Policies

### U of C Family Medicine Resident Wellness Policy

<https://cumming.ucalgary.ca/departments/family-medicine/education/postgraduate-family-medicine/current-residents/operating>

### U of C Family Medicine Resident Safety Policy

<https://cumming.ucalgary.ca/departments/family-medicine/education/postgraduate-family-medicine/current-residents/operating>

## Key FM Program Contacts 2024-25

Site	Title	Name	Email
<b>Calgary Contacts by Division</b>			
NW Division	<b>Division Director</b>	Dr. Ian Johnston	<a href="mailto:ian.johnston2@ucalgary.ca">ian.johnston2@ucalgary.ca</a>
NW Division	<b>Division Coordinator</b>	Sonia Beniwal	<a href="mailto:fmrnw@ucalgary.ca">fmrnw@ucalgary.ca</a>
NE Division	<b>R1 Division Director</b>	Dr. Joyce Chu	<a href="mailto:jclchu@ucalgary.ca">jclchu@ucalgary.ca</a>
NE Division	<b>R2 Division Director</b>	Dr. Farah Jivraj	<a href="mailto:farah.jivraj@ucalgary.ca">farah.jivraj@ucalgary.ca</a>
NE Division	<b>Division Coordinator</b>	Christine Serpico	<a href="mailto:serpicoc@ucalgary.ca">serpicoc@ucalgary.ca</a>
South Division	<b>Division Director</b>	Dr. Mary Cedeno	<a href="mailto:mycedeno@ucalgary.ca">mycedeno@ucalgary.ca</a>
South Division	<b>Division Coordinator</b>	Tannis Dorscht	<a href="mailto:tannis.dorscht@ahs.ca">tannis.dorscht@ahs.ca</a>
Calgary AIMG	<b>AIMG Director</b>	Dr. Behi Raissi	<a href="mailto:braissi@ucalgary.ca">braissi@ucalgary.ca</a>
Calgary IMG	<b>IMG Resident Representative</b>	Dr. Basma Aman	<a href="mailto:Basma.aman@ucalgary.ca">Basma.aman@ucalgary.ca</a>

## Rural Contacts by Site

Rural Lethbridge	<b>R1 Site Director</b>	Dr. Kristy Penner	<a href="mailto:kristy.penner@ucalgary.ca">kristy.penner@ucalgary.ca</a>
Rural Lethbridge	<b>R2 Site Director</b>	Dr. Chris Waller	<a href="mailto:Christopher.waller@ucalgary.ca">Christopher.waller@ucalgary.ca</a>
Rural Lethbridge	<b>Site Coordinator</b>	Melissa Hoppe	<a href="mailto:Melissa.Hoppe@ahs.ca">Melissa.Hoppe@ahs.ca</a>
ALL RURAL	<b>Central Rural Coordinator</b>	Cassy Sinclair	<a href="mailto:cassy.sinclair@ahs.ca">cassy.sinclair@ahs.ca</a>
Rural Medicine Hat	<b>R1 Site Director</b>	Dr. Sally Bolstad	<a href="mailto:ssyoo@ucalgary.ca">ssyoo@ucalgary.ca</a>
Rural Medicine Hat	<b>R2 Site Director</b>	Dr. Nic Gildenhuis	<a href="mailto:nicolaas.gildenhuis@ucalgary.ca">nicolaas.gildenhuis@ucalgary.ca</a>
Rural Medicine Hat	<b>Site Coordinator</b>	Danielle Felker	<a href="mailto:Danielle.Felker@ahs.ca">Danielle.Felker@ahs.ca</a>
Rural IMG	<b>Rural IMG Director</b>	Dr. Sarah Makhdoom	<a href="mailto:smakhdoo@ucalgary.ca">smakhdoo@ucalgary.ca</a>

## Postgraduate Directors

ALL	<b>Postgraduate Director</b>	Dr. Martina Barton	<a href="mailto:mbarton@ucalgary.ca">mbarton@ucalgary.ca</a>
ALL	<b>Associate Postgraduate Director</b>	Dr. Lindsay Jantzie	<a href="mailto:jantzie@ucalgary.ca">jantzie@ucalgary.ca</a>

## Lead Residents until July 2024

Calgary	<b>Co-Lead Resident</b>	Dr. Pauwlina Cyca	<a href="mailto:pauwlina.cyca@ucalgary.ca">pauwlina.cyca@ucalgary.ca</a>
Calgary	<b>Co-Lead Resident</b>	Dr. Mariëlle Saayman	<a href="mailto:marielle.saayman@ucalgary.ca">marielle.saayman@ucalgary.ca</a>
Calgary	<b>Co-Lead Resident</b>	Dr. Srishti Shrivastav	<a href="mailto:srishti.shrivasta1@ucalgary.ca">srishti.shrivasta1@ucalgary.ca</a>
Rural Medicine Hat	<b>Co-Lead Resident</b>	Dr. Kyra Armstrong	<a href="mailto:kyra.armstrong@ucalgary.ca">kyra.armstrong@ucalgary.ca</a>
Rural Lethbridge	<b>Co-Lead Resident</b>	Dr. Ryan Noble	<a href="mailto:ryan.noble@ucalgary.ca">ryan.noble@ucalgary.ca</a>

## Enhanced Skills

Enhanced Skills	<b>Enhanced Skills Director</b>	Dr. Jenny Edge	<a href="mailto:jennifer.edge@ahs.ca">jennifer.edge@ahs.ca</a>
Enhanced Skills	<b>ES Lead Resident</b>	TBD	TBD
Enhanced Skills	<b>ES Program Coordinator</b>	Luz Bolo	<a href="mailto:fmr3@ucalgary.ca">fmr3@ucalgary.ca</a>
Enhanced Skills	<b>ES Program Coordinator</b>	Arsh Hansra	<a href="mailto:fmes@ucalgary.ca">fmes@ucalgary.ca</a>