

Pediatrics Medical Education Interest Group Continuing Professional Development

(RCPSC Section 1 credit)

You are invited to attend:

“Supporting a Culture of Wellbeing during Residency and Medical Training”

(Session 2 of 2 parts Supporting Mental Health Series)

Facilitated by:

Arlana Vadnais, M.A (she/her/hers)

Associate Director, Wellness & Prevention, UM Student Counselling and Wellness, Student Support
and

Leah Deane, MSW RSW (she/her)

Director, Student Services at Bannatyne Campus

and

Moderator

Dr. Seth Marks

Child Health Leadership and Wellness Lead, Associate Head, Department of Pediatrics and Child Health

Thursday, May 23, 2024 (1200-1300 CT)

Zoom meeting

(To get the zoom link, please RSVP to Ijeoma Eze, ieze@exchange.hsc.mb.ca)

Learning Objectives

By the end of the session, the participant will be able to:

1. Describe key elements of a mentally healthy and inclusive learning environment
2. Recognize sources of resident and learner stress and strategies to minimize their impact
3. Identify strategies to incorporate wellness in the residency and medical training experience, and create a more positive culture for residents and other learners
4. Identify mental health supports and resources for residents, other learners and supervisors
5. Understand the importance of modeling healthy practices for residents and other learners

For more information, please contact Ijeoma Eze at ieze@exchange.hsc.mb.ca

This event is an accredited group learning activity as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada

