

The Professional Association of Residents of
Ontario

**YOUR
PROFESSIONAL
ORGANIZATION**



Our Mission:

PARO's priority is to advocate on behalf of its members, addressing professional and educational concerns in order to optimize the training and working experience of Ontario's newest doctors, thus ensuring that patients receive the best possible medical care.

PARO is YOUR Organization

Contact PARO to seek clarification about contract or non-contract related issues

Think of PARO as your “GO TO” organization!

At the PARO office we have a professional, experienced staff to help or refer you to the resources you need.



Your Toronto General Council



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PARO 24 Hour Helpline

1-866-HELP-DOC

The intensity of residency can be stressful for you and your family

The PARO Helpline is:

- An anonymous helpline referral service
 - Available 24/7 and 100% Confidential
 - Staffed by Toronto Distress Centre volunteers trained by PARO
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- Make use of this valuable resource and tell your family about it
 - Recommend the service to your resident and medical student colleagues



HELLO TORONTO RESIDENTS!

Contact PARO

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Email: paro@paroteam.ca
Website: myparo.ca

