



# Introduction to Postgraduate Wellness Office



Post MD Education  
UNIVERSITY OF TORONTO

*Serving Residents and Clinical Fellows*



# Where To Go For Help: Postgraduate Wellness Office

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# Where are we located?

Postgraduate Wellness Office is located at 500 University Avenue on the Third Floor (Suite 390)

Our phone number is: 416-946-3074



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# However,

We are currently remote; offering sessions and consultations over phone or video.



POSTGRADUATE  
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# Why do people reach out?

- Stress
- Burnout
- Anxiety
- Depression
- Academic Concerns
- Performance Issues
- Career Uncertainty
- Workplace Relationships
- Personal Relationships
- Disability and accommodation
- Medical Leaves
- Grief or Loss
- Recent or upcoming transitions
- Needing space to reflect



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# PGWO Workshop Curriculum 2020-2021

1. Residency during the COVID-19 Pandemic: Coping with Uncertainty and Change
2. Coping with Imposter Syndrome in Medical Life
3. Managing Transitions in Medical Life: Enhancing Resident Resilience and Performance
4. Managing Energy and Fatigue Risk in Medical Training
5. Mindfulness in Medical Life
6. Working with Emotions in Medical Life
7. Team Work and Leadership for Psychological Safety
8. Enhancing Exam Preparation and Performance
9. Downward Docs – Mindful Yoga and Medicine Workshop
10. Diversity, Inclusion and Allyship: Stronger Together
11. Learning from and Coping with Adverse Events and Medical Error: It's *when* not *if*

# Wellness Resources

## PARO

- Help Line (24 Hours) 1-866-HELPDOC
- PARO office number [\(416\) 979-1182](tel:4169791182)

## Physician Health Program (OMA)

- 1-800-851-6606 (daytime)
- health provider resources

T H A N K



Y O U

**Thank you for your participation!**