



University of Saskatchewan

College of Medicine; Saskatoon, Regina, Prince Albert, SK

Key Contacts and Websites

UME (Undergraduate Medical Education Office)

Saskatoon – 306-966-6135

Regina – 306-766-3705

Prince Albert – 306-765-6787

Office of Student Affairs

Edith Conacher (Student Affairs Officer, Saskatoon)

306-966-4751 edith.conacher@usask.ca

Lisa Persaud (Specialist, Student Affairs, Regina)

306-766-0620 lisa.persaud@rahealth.ca

Dr. Dale Ardell (Prince Albert Site Director)

306-763-8888 drdardellpc@sasktel.net

Websites

MD Program: <https://medicine.usask.ca>

Student Affairs: <https://medicine.usask.ca/students/undergraduate/student-affairs.php>

Medical Student Association: <https://saskmedstudents.com>

Emergency Contact & Information:

<https://medicine.usask.ca/students/undergraduate/student-affairs.php#EmergencyContactandInformation>

Student Medical Society of Saskatchewan

SMSS VP Communications

Smss.vpcommunications@gmail.com

College of Physicians & Surgeons of Saskatchewan

General: 306-244-73-55 <https://www.cps.sk.ca>

Saskatchewan Medical Association

306-244-2196 or 1-800-667-3781 (TF) www.sma.sk.ca

Saskdocs

306-933-5000 or 1-888-415-3627 (TF)

info@saskdocs.ca

Academic & Career Wellness

Office of Career Advising & Mentorship

Support in all elements of career planning, mentorship programs, and residency matching. Appointments available with career advisor and events held to foster mentorship in the community.

<https://medicine.usask.ca/students/undergraduate/mentoring.php#CareerAdvising>

Contact:

→ Stephanie Marshall (OCA&M Coordinator):

306-966-2952; stephanie.marshall@usask.ca

Libraries/Resources

Several libraries are available on the Saskatoon campus, including a new facility in the Health Sciences building. Students in Regina have 24-7 access to a library in the Regina General Hospital. Online resources for medical students can be accessed from any site

<http://libguides.usask.ca/medicine/UGME>

Student Employment and Career Center

Help with resumes as well as cover letters and interview prep.

→ Contact: 306-966-5092

<https://students.usask.ca/jobs/resumes.php>

Emotional & Mental Wellness

College of Medicine Office of Student Affairs

Offers confidential support and advocacy and provide students with an independent and informal forum to clarify concerns, goals and options in managing or resolving issues.

→ Contact: Edith Conacher

306-966-4751 edith.conacher@usask.ca

SMA Physician Health and Wellness Program

Provides assistance to colleagues, physicians in training and their families who may be struggling with a variety of issues (including mental and physical health, addictions, relationships, etc.).

<https://sma.sk.ca/programs/44/physician-health-%20program.html>

→ Contact: Brenda Senger (Director)

306-244-2196 brenda@sma.sk.ca

U of S Counselling Services

Located on the 3rd floor, Place Riel, University of Saskatchewan.

<https://students.usask.ca/health/centres/wellness-centre.php#Services>

→ Contact: 306-966-4920

Student Wellness Center

Offer urgent and non-urgent physical and mental health care. Access to counsellors, psychiatrists and general practitioners.

→ Contact: 306-966-5768 student.wellness@usask.ca

Financial Wellness

Awards and Scholarships

A number of scholarships and bursaries are available through the University of Saskatchewan, many specifically for the MD program.

<https://students.usask.ca/money/scholarships.php>

Student Loans

Provincial and federal loans are available for eligible students, interest free while in school. Some of this money is 'forgivable' and can turn into grants.

<https://www.saskatchewan.ca/residents/education-and-learning/student-loans>

MD Management

Offers financial planning or advice tailored towards medical students and physicians

→ Contact: 306-244-0077 <https://mdm.ca>

Financial Crisis

Saskatchewan Medical Association can provide aid in times of financial crisis. Students can contact Brenda Senger, Director of SMA Physician Support Programs.

→ Contact: 306-244-2196 (or 1-800-667-3781) brenda@sma.sk.ca

Physical Wellness

Student Wellness Centre / Health Clinic

Walk-ins or appointments with MDs, NPs, and RNs.

Located on the 4th floor Place Riel, Saskatoon campus.

→ Contact: 306-966-5768 studentwellness@usask.ca

Physical Activity Complex (PAC)

The campus gym access comes with your student ID and has a fully equipped gym, rock climbing, fitness classes, gymnastics and dance rooms, basketball court and swimming pool.

→ Contact: 306-966-1001

<https://recservices.usask.ca/getfit/fit-centre/>

Regina & PA Campuses

Regina Campus has access to the RGH gym.

Prince Albert campus has a Goodlife fitness located near the site.

Intramural & Recreation

The University Recreation Services and the SMSS Sports Director regularly plan intramurals and physical activities.

<http://recservices.usask.ca/campus-rec/>

→ Contact: SMSS Sports Director

smss.sportsrep@gmail.com

University Health and Dental Plan

→ Contact: 1-877-795-4428

<https://students.usask.ca/health/health-plans.php>

Find a Local Physician

<https://www.saskatchewan.ca/residents/health/accessing-health-care-services>

Social & Relationship Wellness

Student Medical Society of Saskatchewan Events

Events such as lunch time talks, social outings, and group exercise are regularly planned and posted on the events calendar

<http://saskmedstudents.com/events/>

Medical Lounges

Student lounges are available in Saskatoon, Regina, and PA hospitals for clerks.

Saskatchewan Events

Local events in Saskatoon, Regina and Prince Albert can be found on the tourism Saskatchewan website.

<http://www.tourismsaskatchewan.com/things-to-do/events>

Spiritual Wellness

Faith Leaders

Multi-faith religious resource to all students, staff and faculty. Multiple faith leaders are available for contact on their website.

<https://wellness.usask.ca/faithleaders/>

Indigenous Initiatives

A program dedicated to the success of indigenous students. The Gordon Oaks Center offers regular events and provides a gathering place for FNMI students.

<https://aboriginal.usask.ca>

→ Contact: Valerie Arnault-Pelletier (CoM Indigenous Students Coordinator) 306-966-5901

Mindfulness

The student wellness centre offers mindfulness meditation sessions regularly around campus.

<https://students.usask.ca/articles/mindfulness.php>

Hospital Spiritual Care

Regina:

<http://www.rahealth.ca/department/spiritual-care/spiritual-care>

Saskatoon:

https://www.saskatoonhealthregion.ca/locations_services/services/Spiritual-Cultural/