



# Resident Wellness Office

Connection • Compassion • Community

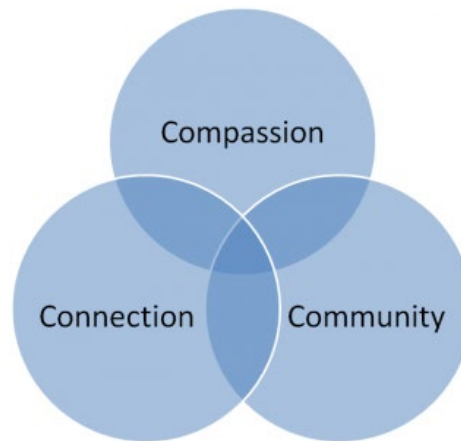


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# Vision

**The RWO is committed to providing confidential support services that meet the unique needs of medical residents.**

**We strive to create a safe and inclusive environment to empower residents to become proactive in taking care of their mental, emotional and physical well-being.**



# Services Available: Overview

Individual and Couples Counselling

Group Supports

Peer Support

Referrals to Other Resources





# Elder Counselling Support

## ELDER JEAN WASEGIJIG “GOOD MEDICINE WOMAN”

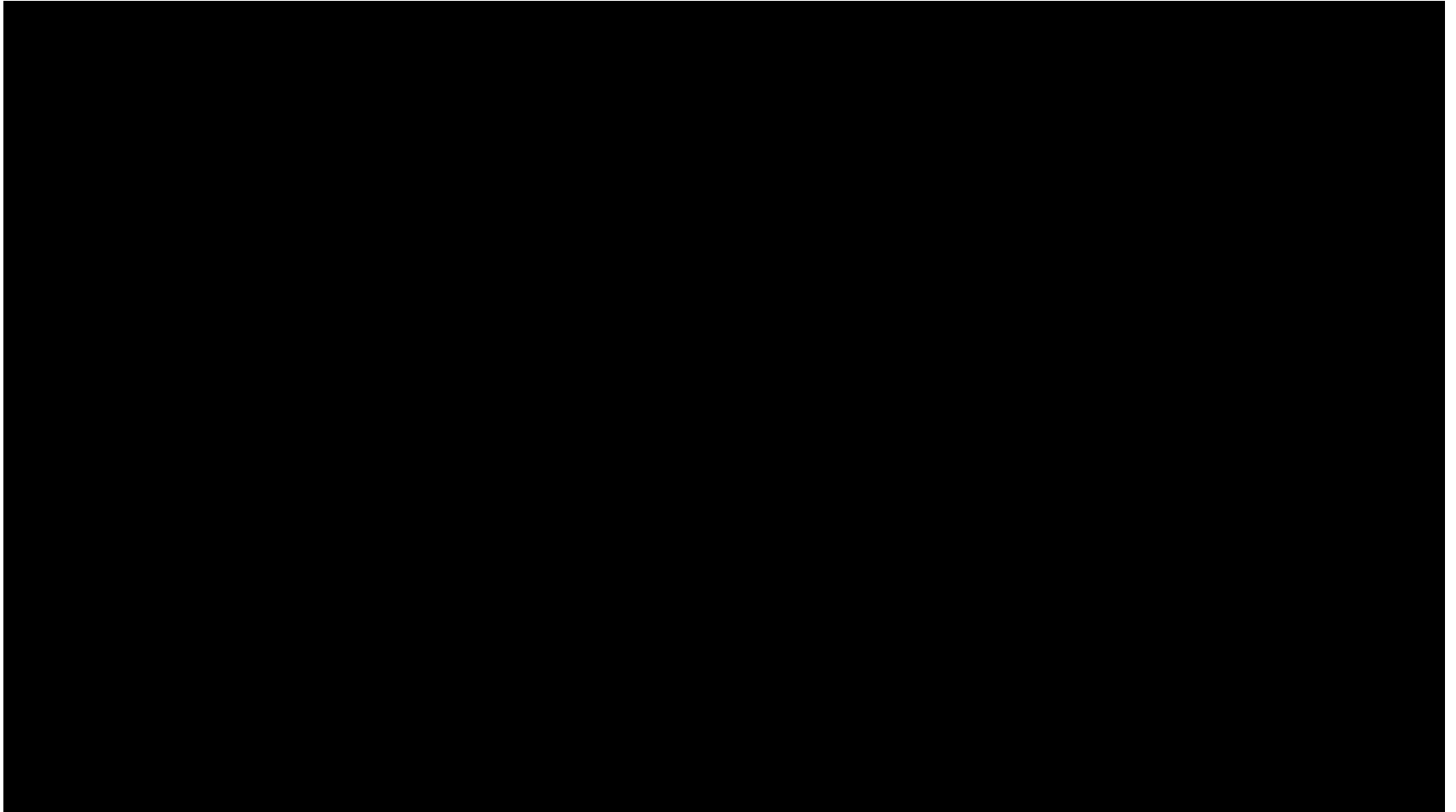


The Resident Wellness Office is thrilled to announce we are now also offering Elder Support to residents in the Indigenous Family Medicine Program and residents who identify as Indigenous. Elder Jean, with her counselling experience and Elder’s teachings, has graciously offered her services to help support our residents and we are honored to be partnering with and learning from her.

[REQUEST ELDER SUPPORT](#)



# Peer Support



# Services Available: Group Supports

Wellness Rounds

Workshops

Support Group– Residents on Leave



# Services Available: Referrals

Physician Health Program

EFAP

Additional Community Resources



# Services Available: Online Wellness Resources and Community Events

Online Wellness Resources & Guide

Community Events around BC





## CONTACT

To best contact the Resident Wellness Office, please send us an email!

**Email:** [resident.wellness@ubc.ca](mailto:resident.wellness@ubc.ca)

### Locations:

Diamond Health Care Centre (VGH):  
10th Floor, Room 10203 and 10228

Surrey Memorial Hospital: (bi-weekly)  
Critical Care Tower, Room 3-622

Royal Columbian Hospital: (bi-weekly)  
UBC Medical Education, Room 009

### Counsellors:

Rebecca Turnbull, M.Ed., RCC  
[rebecca.turnbull@ubc.ca](mailto:rebecca.turnbull@ubc.ca)

Elizabeth Sabine, M.Ed., RCC  
[elizabeth.sabine@ubc.ca](mailto:elizabeth.sabine@ubc.ca)

Nish Laszczuk, MSW., RSW  
[nish.laszczuk@ubc.ca](mailto:nish.laszczuk@ubc.ca)

*If you are in crisis, please contact the Physician Health Program at 1-800-663-6729 or access the Employee and Family Assistance Program for additional free counselling services!*

[Book an Appointment!](#)



<https://postgrad.med.ubc.ca/resident-wellness/>



# What residents are saying:

“

**Amazing service! This has been instrumental in improving my wellbeing during residency... amazing counsellors!**

*-R1*

“

**Working with the RWO Counsellors has made a huge impact on my life. Thank you so much for providing this service to residents. It is really important.**

*-R3*





**WRITE YOUR ANSWER IN THE COMMENTS SECTION.**

**First person that responds with the right answer wins!**



a place of mind

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# TRIVIA

## Question #1

**What is one of the 3 “C’s” that the Resident Wellness Office Stands for?**



# TRIVIA

## Question #2

**How many free counselling sessions are residents entitled to per year?**



# TRIVIA

## Question #3

**Name one of the Group Supports offered by the Resident Wellness Office!**







**Thank you!**

**Resident Wellness Office**



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