



*Canadian Women in Medicine*

VOLUME 1. APRIL 13-26, 2020

## YOUR CANADIAN WOMEN IN MEDICINE EVENTS COMMITTEE

Hello Everyone!

We all know that the current environment with the emergence of COVID-19 is challenging. People are feeling overwhelmed, anxious, and isolated. There are also feelings of anger and frustration.

Appropriately, with social distancing, people cannot attend gatherings - gatherings which often would have offered an outlet for these feelings.

The CWIM events committee will be providing virtual events and resources for both you and your family in the hopes of providing alternative activities to help cope with the current environment.

If you have any questions or comments, please contact us at: [cwimevents@gmail.com](mailto:cwimevents@gmail.com)

Drs. Allison Meiwald, Asmitha Gangani, Jennifer D'Mello, and Amanda Condon.

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## Canadian Women in Medicine

A NON-PROFIT  
ORGANIZATION FOR FEMALE  
PHYSICIANS TO LEARN,  
DECOMPRESS AND  
NETWORK IN A SAFE  
ENVIRONMENT

# *Virtual Events*

## **1) Yoga for the Frontline**

**April 17th and 24th, 2020**

**7:00pm EST**

**Presented by Dr. Shailla Vaidya, MD, MPH, CCFP (EM), C-IAYT.**

**Dr. Vaidya practices "Mind Body Medicine for Stress Resilience"**

## **2) Tough Topics**

**April 15th, 2020 - Fear, Obligation, and Guilt**

**April 22nd, 2020 - Grief and Grieving Patient Death**

**8pm EST**

**Presented by Dr. Maryna Mammoliti, MD, FRCP(C)**

**Dr. Mammoliti practices psychiatry at CAMH in Toronto and in private practice in London, ON.**

## **3) Family Crafts**

**April 19th, 2020 - Tin Can Office Supply Holder**

**2:00pm EST**

**Presented by Dr. Allison Meiwald, BN, MEd, MD, FRCP(C)**

**Dr. Meiwald is an Emergency Medicine Physician in London, ON.**

**April 26th, 2020 - Cookie Decorating**

**2:00pm EST**

**Presented by Dr. Kasia Rycerz, MD, CCFP**

**Dr. Rycerz practices Family Medicine in Komoka, ON.**

**\*\*\*All supply needs will be posted on the CWIM FaceBook Page\*\*\***

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# Online Resources

**\*\*\*CWIM is not affiliated with any of the following resources. They are provided as opportunities for you to explore\*\*\***

**Hot Yoga and Pilates** - <http://onetigeryoga.com>

**Mindfulness** - <https://www.headspace.com>

**Yoga, HIIT, Barre** - <https://www.downdogapp.com>

**Math and English for school aged children** - <https://www.khanacademy.org>

**Audio Books** - <https://stories.audible.com/start-listen>

**Leadership Development** - <https://www.ylcconline.com>

**Childrens Yoga** - <https://www.youtube.com/user/CosmicKidsYoga>

**Museum Virtual Tours** - <https://www.theguardian.com/travel/2020/mar/23/10-of-the-worlds-best-virtual-museum-and-art-gallery-tours>

**UBC Online resources for Activities, STEM and E-Learning** - <https://geeringup.apsc.ubc.ca/online-resources-for-kids-during-covid-19/>



# *Mentorship*

While many of you already have support networks, CWIM would also like to offer a peer support program. The goal is to create small mentorship groups of 2–4 people, who can provide peer support to each other and a safe haven during the pandemic. We will put people in touch with each other, but it will be up to each small group to decide how they want to stay in touch. This could include using email, WhatsApp, or other platforms. If you have any questions, please contact Dr. Lara Best at: [LaraBest@hotmail.ca](mailto:LaraBest@hotmail.ca). If you would like to participate, please complete the survey at:

<https://surveys.dal.ca/opinio/s?s=56582>

## *Future Events*

***If you have a skill to offer and would like to host a virtual event, we would love to have you. Please contact us at:***

***[cwimevents@gmail.com](mailto:cwimevents@gmail.com)***

***Look forward to:***

***Ongoing sessions with Drs. Vaidya and Mammoliti, Bake-a-longs with Dr. Rosie Stone (Challah!) and Dr. Tonja Stothart (Cinnamon buns) and crafts with various members!***

