



Canadian Women in Medicine

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YOUR CANADIAN WOMEN IN MEDICINE EVENTS COMMITTEE

Hello Everyone!

We hope you enjoyed the first issue of our newsletter and participating in the virtual events! A huge thanks to all the presenters!

The CWIM events committee will continue to provide virtual events and resources for both you and your family during these times. Any activity that will require supplies will have them posted ahead of time on the CWIM FaceBook page.

If you have any questions or comments, please contact us at: cwimevents@gmail.com

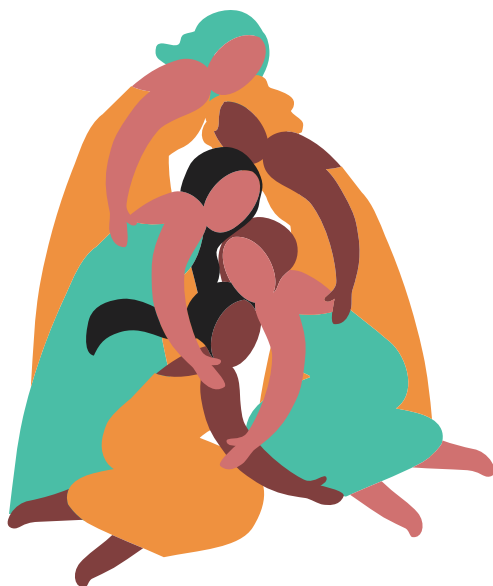
Drs. Allison Meiwald, Asmitha Gangani, Jennifer D'Mello, and Amanda Condon.

WHAT'S INSIDE

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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

May 1st and 8th, 2020

7:00pm EST

Presented by Dr. Shailla Vaidya. Dr. Vaidya practices "Mind Body Medicine for Stress Resilience" in Toronto, ON.

2) Tough Topics

April 29th, 2020 - Vicarious Trauma

May 6th, 2020 - Interactive Session on Validation

8pm EST

Presented by Dr. Maryna Mammoliti. Dr. Mammoliti practices psychiatry at CAMH in Toronto and has a private practice in London, ON.

3) Family Crafts

May 1st, 2020 - Challah Bake-a-Long

1:00 EST and about 3:00pm EST (post-rise)

Presented by Dr. Rosie Stone. Dr. Stone is a Family Physician in Sudbury, ON, with a focused practice in Dermatology.

May 2nd, 2020 - Mother's Day Card (please feel free to have partners/any adult participate)

2:00pm EST

Presented by Dr. Allison Meiwald. Dr. Meiwald practices Emergency Medicine in London, ON.

May 9th, 2020 - Cinnamon Bun Bake-a-Long

1:00 EST

Presented by Dr. Tonja Stothart. Dr. Stothart practices Emergency Medicine in Ottawa, ON.

Online Resources

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

Estate Planning Support - <https://mailchi.mp/willful/support-healthcare>

CRA Free Tax Clinics - <https://www.canada.ca/en/revenue-agency/campaigns/free-tax-help.html>

Costco Support - <https://www.costco.ca/coronavirus-response.html>

Fender (3 months free guitar lessons) - <https://try.fender.com/play/playthrough/>

The Underground Dance Classes - <https://ondemand.theundergrounddance.com>

Rosetta Stone - free online interactive coaching for 3 months (must pay usual course fees): <https://www.rosettastone.com/lp/sbsr/sitewide/>

Peleton App (free for 3 months) - <https://www.onepeloton.ca/app>

President's Choice Support - <https://www.pcoptimum.ca/galen-updates>

Discounts for Healthcare Workers - <https://www.josephinefaye.com/post/covid19>

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

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

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

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

REMINDER: Don't forget to complete the CWIM survey on Mentorship!! If you have any questions, please contact Dr. Lara Best at: LaraBest@hotmail.ca

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

CWIM Conference

REMINDER: Registration for the CWIM Virtual Conference is now open! The conference will run June 4-6, 2020, which includes pre-conference workshops. The content will also be available to view for 6 months! _

<https://www.cwimconference.ca>

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

Look forward to:

Ongoing sessions with Drs. Vaidya and Mammoliti, Father's Day craft, paint afternoon.

