



Canadian Women in Medicine

VOLUME 3, MAY 11-24, 2020

YOUR CANADIAN WOMEN IN MEDICINE EVENTS COMMITTEE

Hello Everyone!

Welcome to the third edition of the CWIM newsletter! We hope you have enjoyed our craft-a-longs, bake-a-longs, and wellness initiatives.

We have had a lot of positive feedback about the virtual events. We are so grateful to the presenters and attendees! But we need some new ideas! Any art or crafting idea, interactive sessions, wellness ideas - we'd love to hear them!

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

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



Canadian Women in Medicine

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

Virtual Events

1) Wellness Topics

May 20th, 2020 - Mindfulness

8pm EST

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

2) Tough Topics

May 13th, 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 15th, 2020 - Family Meal Cook-a-long

2:00pm EST

May 21st, 2020 - Dessert Cook-a-long

2:00pm EST

Presented by Dr. Allison Meiwald, who practices Emergency Medicine in London, ON. Both are appropriate for kids to participate in - but parents will need to help with the stove/oven.

*****Help us keep these virtual events going! We need people who are willing to do talks on any topic of interest, crafts, cooking, baking - anything that is fun or wellness oriented for women and families!*****

Mentorship

The mentorship program is up and running! Groups of women have been matched and have begun meeting virtually to discuss any topic they like - from work to family to illness to wellness.

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 - that is just a couple of weeks away!! Don't miss out on the pre-conference workshops and Joule courses. The content will also be available to view for 6 months! (exception - Joule courses).

<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 "Tough Topics" and "Wellness" sessions,
Father's Day craft, bagel making, and paint
afternoon.*



Online Resources

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

Google Street View (eg. explore famous sites and monuments)

<https://artsandculture.google.com/project/street-view>

Google Arts and Culture (eg. access to museums and historic sites) -

<https://artsandculture.google.com>

Nonna Live! (learn to cook Italian) - <https://nonnalive.com>

Delish (cooking classes for kids) - <https://www.delish.com/food-news/g31786555/delish-instagram-live-kids-cooking-class/>

Dullingo (learn a new language a few minutes a day) - <https://www.duolingo.com>

Ripley's Aquarium Shark Camera - <https://www.ripleyaquariums.com/canada/shark-camera/>

San Diego Zoo Live Cameras (various animals) - <https://zoo.sandiegozoo.org/live-cams>

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>