



# Dalhousie Medical School

## Student Wellness Resources

### Contact Information

#### Faculty Wellness Program Contact:

Dr. Joanne MacDonald, Assistant Dean,  
Student Affairs

[Joanne.MacDonald@iwk.nshealth.ca](mailto:Joanne.MacDonald@iwk.nshealth.ca)

Dr. Pam Forsythe, Student Affairs Director  
(Saint John) [pamela.forsythe@dal.ca](mailto:pamela.forsythe@dal.ca)

#### Student Wellness Committee Contact:

Meghan Plotnick, Sports and Wellness Rep  
[meghan.plotnick@dal.ca](mailto:meghan.plotnick@dal.ca)



## Mental and Emotional Wellness

### *Doctors Nova Scotia Professional Support*

**Program:** 902-468-8215

[professionalsupport@doctorsns.com](mailto:professionalsupport@doctorsns.com)

### *Student Affairs and Wellness Liasons for peer*

**support:** Warda Limaye [wr661287@dal.ca](mailto:wr661287@dal.ca) &

John Bartolacci [jh236100@dal.ca](mailto:jh236100@dal.ca)

### *Dalhousie Counselling and Psychological*

**Services:** 902-494-2081

<http://counsellingservices.dal.ca>

**Mental Health Mobile Crisis Team:** 902-429-8167 (24 hrs a day)

**Halifax Help Line (for counselling, information, and referral to other resources):**

902-421-1188

Mindfulness in Medicine Seminars on stress reduction, cognitive reframing, meditation, and more! Contact [al365705@dal.ca](mailto:al365705@dal.ca) to learn more.

## Physical Wellness

**Student Health Clinic:** 1246 LeMarchant Street, 2<sup>nd</sup> floor, 902-494-2171

### *Student Health Plan information:*

[www.studentvip.ca/dsu](http://www.studentvip.ca/dsu)

## Exercise and Athletic Facilities

**Mindful Meditation:** Monday at 12:15 – 12:45

**Yoga:** Tuesdays and Thursdays at 12:05 – 12:50

**Dalplex:** courts, weight room, cardio room, pool, squash, and more: 6260 South Street

**Dalhousie Sexton Gym:** weight room and gymnasium: 1360 Barrington Street

### *Goodlife Fitness:*

- Park Lane, 5657 Spring Garden Road
- Barrington Place, 1903 Barrington Street
- Park Victoria (Women's Only), 1333 South Street

**Dalhousie Wickwire Field:** 6259 South Street

*"I choose to ask for help, not because I am weak, but because I want to remain strong"*

*- Les Brown*

## Financial Aid Resources

Scholarships, awards, and bursaries are available to all students. Contact [medbud@dal.ca](mailto:medbud@dal.ca) for more information.

MD Financial Management Services are available for appointments. Contact Annette Howland ([Annette.howland@cma.ca](mailto:Annette.howland@cma.ca)). See also their financial planning tool: <https://mdm.ca/tools/debt-projection/index.asp>.

Nova Scotia Student Loans: <http://novascotia.ca/studentassistance/>

Financial Assistance is available for students with extenuating circumstances. Contact Student Affairs: 902-494-1874, [michael.teehan@dal.ca](mailto:michael.teehan@dal.ca)

Free income tax filing for medical students. Contact Grant Thornton: 902-421-1734

## Quick Find

Visit the **CFMS Wellness Website** for more great wellness resources for medical students!

<http://tinyurl.com/jc47tth>



Halifax Public Gardens

## Career Planning and Academic Support

### **Medical Student Advisory Program**

A faculty resource for students to confidentially discuss academic, personal, financial, medical or any other problems <http://tinyurl.com/hvuxzd8>

### **Dal Med Interest Groups “Lifestyle Nights”**

Meet staff and residents from various specialties to hear about their day-to-day life and what they wish they knew as medical students!

### **Career Night**

Learn from program directors and residents about their specialty and training at Dal. Held annually in December.

### **Dalhousie Medical Student Advisor**

Provides guidance to medical students on personal or academic dilemmas, academic decision-making, career & financial planning. Contact Dr. Gita Sinha, 902-494-7059, [gita.sinha@dal.ca](mailto:gita.sinha@dal.ca)

## Study Spaces

Sir Charles Tupper Medical Building: study spaces, tutorial rooms, etc – 5850 College Street

Dal Libraries: [http://libraries.dal.ca/locations\\_services.html](http://libraries.dal.ca/locations_services.html)  
Kellogg Medical Library, located in the Collaborative Health Education Building – 5793 University Avenue

Killam Memorial Library – 6225 University Avenue

Brand new Halifax Central Library! 5440 Spring Garden Road  
<http://www.halifaxcentrallibrary.ca>

Hospital Libraries: <http://tinyurl.com/jaj9gvd>

Dickson Building, Victoria General site, 1276 South Park Street, Room 5106

Halifax Infirmary, 1796 Summer Street, Room 2201

## On the Go @ Dal

**In the Tupper Medical Building:** Starbucks

**At the IWK:** Subway and Tim Horton's (no sandwiches) in main entrance of Goldbloom Pavillion, Cafeteria (Southstreet Café) on ground floor of Link building.

**At the Victoria General:** Scotia Room Cafeteria, Main Floor, Victoria Building. Tim Horton's on Main Floor of Dickson Building.

**At the Halifax Infirmary:** Summer Savoury Cafeteria, 2<sup>nd</sup> floor Summer Street Entrance. Tim Horton's at Robie Street Entrance

## Grocery Stores

Pete's Frootique: 1515 Dresden Row – 11 min walk (850 m)

Sobey's: 1120 Queen Street – 13 min walk (1.1 km)

Atlantic Superstore: 1075 Barrington Street – 16 min walk (1.4 km)

## Farmers' Markets

Halifax Seaport Farmers' Market: 1209 Marginal Road, Halifax  
<http://www.halifaxfarmersmarket.com>

Halifax Forum Farmers' Market: 2901 Windsor Street, Halifax  
<http://forumfarmersmarket.ca>

Historic Farmers' Market: 1496 Lower Water Street, Halifax  
<http://historicfarmersmarket.ca>

## Things to do, places to see in Halifax!

Halifax Waterfront Boardwalk, Lower Water Street  
<http://tinyurl.com/hl879l2>

Point Pleasant Park – 5718 Point Pleasant Drive,  
<http://www.pointpleasantspark.ca>

Citadel Hill National Historic Site – 5425 Sackville Street  
<http://www.pc.gc.ca/lhn-nhs/ns/halifax/index.aspx>

Public Gardens – 5665 Spring Garden Road  
<http://www.halifax.ca/publicgardens/>

Emera Oval on the Commons for outdoor skating in the winter!  
<http://www.halifax.ca/skatehrm/calendar/>