

External Resources & Further Reading for Personal Development

Association of Faculties of Medicine of Canada (AFMC): As the national academic partner for Canadian faculties of medicine, the AFMC offers various resources, including the AFMC Wellness Working Group materials and faculty resources for education and leadership.

Canadian Medical Association (CMA) – Physician Wellness Hub – CMA: A comprehensive national hub with tools, articles, self-help guides, peer support info, leadership, and organizational wellness resources for physicians, learners, and leaders.

CMA Physician Leadership Institute (PLI): The PLI offers a variety of expert-led, accredited programs designed to develop leadership skills at any stage of a medical career.

Québec Physicians' Health Program (QPHP/PAMQ): A confidential support and wellness resource for physicians, residents, medical students, and their families, offering peer assistance, referrals, and wellbeing services across Quebec.

Canadian Medical Protective Association (CMPA) Physician Support & Wellness – CMPA: Articles and guidance on coping with stressors in practice, medico-legal stress, and wellness strategies for physicians.

Canadian Society of Physician Leaders (CSPL): A key resource for those pursuing leadership roles within the healthcare system. The CSPL provides support and development opportunities for physicians in leadership positions.

The Royal College of Physicians and Surgeons of Canada (RCPSC) CPD Program: This program supports continuous learning and practice improvement for specialist physicians through self-directed learning and self-assessment programs.

The College of Family Physicians of Canada (CFPC) Self Learning™ Program: This is a state-of-the-art learning tool for continuing professional development, offering interactive questions and progress tracking.

Centre for Addiction and Mental Health (CAMH) - Mental Health & Stress Resources – CAMH (Stress & Coping): CAMH offers a broad set of mental health info and coping-with-stress guides – useful for personal stress management and mental health education.

Mental Health Commission of Canada – Frontline Workers Fact Sheets - How to Support Healthcare Workers at Work – MHCC Fact Sheet: Practical guidance on supporting healthcare worker well-being at work, reducing burnout, and fostering psychological safety (policy-oriented).

Canadian Federation of Medical Students (CFMS): The CFMS offers resources for student affairs, including wellness, career development, mentorship, and residency match support.

External Resources & Further Reading for Personal Development

Many Canadian medical schools have dedicated offices for student and faculty affairs that provide tailored personal development resources. A few examples include:

University of Toronto Wellness Resources: Offers personal counselling, peer support, and resource navigation for medical learners.

University of British Columbia (UBC) Health & Well-being: Provides access to embedded counsellors, the Physician Health Program (PHP), and other mental health resources.

McGill University Continuing Professional Development: Links to various internal and external organizations for professional development and continuing education.

McMaster University Self-Directed Learning: Compiles a list of online resources for self-directed learning, including [ePhysicianHealth.com](https://www.ePhysicianHealth.com) and the CMA.

University of Calgary Office of Faculty Development: Offers resources for orientation, teaching, and leadership, career, and mentorship development.

Dalhousie University Continuing Professional Development and Medical Education: Provides ongoing courses through virtual, in-person, or hybrid platforms.