

This document is a list of helpful resources curated weekly for physicians by Medical Affairs' Physician Leadership Development. Please reach out to [Shawn Jolemore](#) or [Lorie Campbell](#) with your comments, questions, or suggestions for additional content.



### Free Virtual Coaching, Wellness Check-ins, & Live Supports

#### Individual Executive Coaching for Physician Leaders

Medical Affairs' Executive Leadership Coach, Lorie Campbell, provides 30 or 60-minute focused, one-to-one virtual executive coaching sessions for formal physician leaders. [Email](#) to book a time.



#### Daily Physician Wellness Check-In

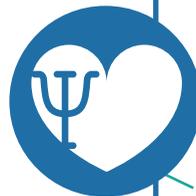
Join your physician peers, Drs. Jaqueline Kinley and John Chiasson for a daily online meeting to chat about coping strategies and mental health concerns. Meetings are M-F at 12 p.m. and are open to all physicians. Join [Zoom Meeting](#).

#### Psychological Services

The Canadian Psychological Association has called on its members to provide free psychological services to front line health care providers who may be feeling stressed, overwhelmed or distressed by being on the front lines of this health crisis. A listing of psychologists (by province) can be found [here](#).

#### DNS Professional Support Program

Doctors Nova Scotia (DNS) provides confidential peer-to-peer support for members and their families who are dealing with personal or professional problems. Call 902-468-8215 or 1-855-275-8215 (toll-free) or by [email](#). LifeWorks by Morneau Shepell is also available to members and their families affected by the events in Portapique and surrounding communities. The crisis support line is open 24-7. Call 1-844-751-2133.



### Webinars & Online Learning

Live and Recorded

#### CPSL Special Session - Everyday Resiliency

Dr. Robyne Hanley-Dafoe  
Individuals must have both audio and video and should attend with the understanding that you are on video. May 13, 4:00 pm | To register for the Zoom meeting, please contact Deirdre at [deirdre@physicianleaders.ca](mailto:deirdre@physicianleaders.ca).

#### Mind Body Skills Group

Learn Three Different Practices That Calm Your Mind, Relax Your Body and Life Your Spirits  
With Dr. Zenovia Ursuliak, Wednesday, May 13, 4-5 pm  
[Zoom meeting](#) | Password if prompted: 050891

#### Mindfulness for Physicians: Emotion Regulation

With Dr. Nicole Herschenhous, Friday, May 15, 4-5 p.m.  
[Zoom meeting](#) | Password if prompted: 050891

#### Balint Support Group

Drs. Nicole Herschenhous and Ali Manning offer a 6-week virtual Balint group for physicians. Balint groups help reduce burnout and improve communication skills and empathy through case-based discussion for support around emotions and ethical dilemmas. Email [alexandra.manning@nshealth.ca](mailto:alexandra.manning@nshealth.ca) to register.

#### Charge your Battery Series: Self-care Skills Training for Healthcare Providers During COVID-19

These sessions review empirically based skills that healthcare providers can use to be more fulfilled at work and home to participate in self-care. For more information please contact: Dr. [Dayna Lee-Baggley@nshealth.ca](#).



### COVID-19 Online Resources

#### New Local Website Offering Support and Resources for NS Physicians

<https://physiciansupportns.wixsite.com/physiciansupportns>  
Helpful resources and important contact information for NS physicians and their families from Dalhousie University Department of Psychiatry and Doctors Nova Scotia's Professional Support Program.

#### Resources for Staying Well During COVID-19

The Canadian Medical Protective Association (CMPA) has compiled a [comprehensive resource list](#) for front-line health care workers.

#### Maintaining Your and Your Family's Wellbeing During a Pandemic

[Helpful resources](#) from the Canadian Medical Association, including videos, tip sheets, and more.

#### Canadian Society for Physician Leaders (CSPL) Bulletins

In view of the COVID-19 crisis, the CSPL is committed to providing short and practical [bulletins](#).

#### Royal College Wellness Resources for Health Professionals

The Royal College of Physicians and Surgeons of Canada has compiled some [wellness resources](#) from around the web to support Fellows who are providing high quality patient care under challenging circumstances.

#### Mental Health Commission of Canada Covid-19 Resources

Self-care and resilience guides as well as other focus areas related to COVID-19 found [here](#).