



FACULTY OF MEDICINE  
Learner Well-Being  
and Success

# RESOURCES FOR MEDICAL LEARNERS WITH FAMILIES

## SPACES

MUN welcomes and supports parents to breastfeed on campus. If parents prefer a private area to feed or pump, they can access the Family Room in the Learner Lounge. There you'll find a changing table, playmat, fridge, couch and rocking chair. Please see MUN's breastfeeding policy here: [www.mun.ca/policy/browse/policies/view.php?policy=92](http://www.mun.ca/policy/browse/policies/view.php?policy=92).

## LEAVE

A variety of leave is available for medical learners, including personal and parental leave. Visit [www.med.mun.ca/StudentHandbook/Leave-Requests.aspx](http://www.med.mun.ca/StudentHandbook/Leave-Requests.aspx) to learn more or chat with the LWS Well-Being Consultants today [www.med.mun.ca/Learner-Well-Being-Success/Well-Being.aspx](http://www.med.mun.ca/Learner-Well-Being-Success/Well-Being.aspx).

## CHILDCARE

Full-time undergraduate students receive priority at MUN Campus Childcare with programs for children ages 2-12 years. MUN Campus Childcare partners with the provincial government to provide \$15 a day childcare, and additional subsidies are available to those who qualify. Visit: [www.mun.ca/childcare](http://www.mun.ca/childcare).

## SOCIAL

### In-person:

- In partnership with the Office of LWS, family-friendly social events are offered periodically throughout the year as public health recommendations permit. Check out the LWS calendar of events here: [www.med.mun.ca/Learner-Well-Being-Success/News-Events/MUNMed-Events-Calendar.aspx](http://www.med.mun.ca/Learner-Well-Being-Success/News-Events/MUNMed-Events-Calendar.aspx).
- Check out MUN's Student Parent Assistance & Resource Centre (SPARC – UC6012), which offers a variety of services and socials.

### Social media:

- Locally, connect at MUN Med Learner & Resident Parent Group: <https://www.facebook.com/groups/499724747539975>
- Connect with other mothers who are medical learners at CPMG for Residents/ MedStudents Facebook group: [www.facebook.com/groups/1238307236179819/?multi-permalinks=5330909850252850](http://www.facebook.com/groups/1238307236179819/?multi-permalinks=5330909850252850).
- Connect with other student parents at MUN Student Parents' Assistance & Resource Centre (SPARC) on Facebook: [www.facebook.com/MUNParents](http://www.facebook.com/MUNParents) & MUNParents on Instagram: [www.instagram.com/munparents/?hl=en](http://www.instagram.com/munparents/?hl=en).

## SUPPORT

LWS Well-Being Consultants are available to support medical learners: [www.med.mun.ca/Learner-Well-Being-Success/Well-Being.aspx](http://www.med.mun.ca/Learner-Well-Being-Success/Well-Being.aspx).

In addition, medical learners and their immediate families can access free, confidential, 24/7 support via the Warm Line - a partnership between the CMA & NLMA - at 1-844-675-9222. Reach out today at [www.nlma.nl.ca/Wellness/Wellness-Support-Line/](http://www.nlma.nl.ca/Wellness/Wellness-Support-Line/).

Peer support is available through The Gathering Rounds [www.med.mun.ca/Learner-Well-Being-Success/Well-Being/The-Gathering-Rounds.aspx](http://www.med.mun.ca/Learner-Well-Being-Success/Well-Being/The-Gathering-Rounds.aspx) and informal support from medical learners with families in the MUN Med Learner & Resident Parent Group: [www.facebook.com/groups/499724747539975](https://www.facebook.com/groups/499724747539975).

## HEALTHCARE

Non-urgent healthcare is available for medical learners, their spouses, and their children at MUN's Student Wellness & Counselling Centre: [www.mun.ca/studentwellness/](http://www.mun.ca/studentwellness/).

Medical learners receive health coverage through MUNSU's Green Shield plan; for an additional cost, family plans are available: [www.greenshield.ca/en-ca/student-centre/memorial-university-students-mun](http://www.greenshield.ca/en-ca/student-centre/memorial-university-students-mun).

Alternatively, OMA offers competitive pricing on comprehensive plans: [www.med.mun.ca/Learner-Well-Being-Success/New-Learners/Learner-Support.aspx](http://www.med.mun.ca/Learner-Well-Being-Success/New-Learners/Learner-Support.aspx) and [www.oma.org/what-we-do/membership/student-orientation/](http://www.oma.org/what-we-do/membership/student-orientation/).

## DENTAL CARE

Medical learners receive dental coverage through MUNSU's Green Shield plan. Children under 12 years of age receive eligible dental care covered under MCP: [www.gov.nl.ca/hcs/dentalservices/general-info/#1](http://www.gov.nl.ca/hcs/dentalservices/general-info/#1).

## ELDER CARE

For senior resources in Eastern Health visit: <https://hi.easternhealth.ca/life-stages/seniors/>.

## FINANCIAL PLANNING

The Learner Success Consultant at LWS provides one-on-one financial consults. Contact info is available at: [www.med.mun.ca/StudentAffairs/Financial-Support.aspx](http://www.med.mun.ca/StudentAffairs/Financial-Support.aspx).

As an adult learner or learner with dependents, you may be eligible for additional grants through Student Aid NL. Apply at: [www.gov.nl.ca/education/studentaid/](http://www.gov.nl.ca/education/studentaid/).

Access information on MUN Med's Bursaries & Scholarships here: [www.med.mun.ca/StudentAffairs/Financial-Support/Awards,-Bursaries-Scholarships.aspx](http://www.med.mun.ca/StudentAffairs/Financial-Support/Awards,-Bursaries-Scholarships.aspx).

Disability, life and other insurances are available from OMA: [www.omainsurance.com/explore-our-products/special-offers/essentials-offer/essentials-for-students-and-residents/](http://www.omainsurance.com/explore-our-products/special-offers/essentials-offer/essentials-for-students-and-residents/).