

Plastic Surgery

“Thank you to Bob and Helen Brown for their Social Networking Grant! This provided an opportunity for a group of surgical residents to enjoy quality time together, share some laughs and food by exploring the growing culinary scene in Hamilton.”

Internal Medicine

“The generous funding from the Bob & Helen Brown Social Networking Grant allowed the Internal Medicine Residency program to host an introductory event welcoming the new first year residents to the program prior to their commencement day. This event was a good opportunity to begin building those relationships and to begin providing mentorship and normalizing the nerves anybody about to begin their residency training would encounter.”



Resident Affairs Office
1280 Main St W, HSC 3N44
905-525-9140 X22979

Dr. John Miller, Director of Resident Affairs
jmiller@mcmaster.ca

Lisa Giles, Wellness Counsellor
lisa.giles@medportal.ca

Brooke Luke, Resident Affairs Coordinator
lukeb1@mcmaster.ca



Bob & Helen Brown Social Networking Grant



Promoting and supporting opportunities for residents to engage in collegial and vital social networking opportunities where they may build friendships, thereby improving resident mental health, the program and the training environment.

About the Grant

Available to residents and fellows, grant funds will be used to assist residents with the financial cost to host events which offer the chance to relax and unwind from the rigorous challenges of residency.

The purpose is to allow opportunity to consolidate friendships and discover new relationships, attributing to an overall improvement in resident wellness.

Recent social events include:

- Restaurant Events
- Lunch to Honour grads
- Summer Welcome BBQ
- Foot Golf
- Harbour Queen Boat Tour
- Pottery Class
- Bowling
- Hike and Dinner

Application:

Residents may submit an application for grant funding of up to \$400 at anytime throughout the year.

A minimum of 5 residents must participate in the event.

The grant application form can be found on **Medportal> Resident Affairs> Wellness Domains> Social tab**

Resident & Fellow Experiences

Cardiology

“We cannot thank Bob and Helen Brown enough, as well as resident affairs. We had a fantastic time. The grant allowed us a unique opportunity to step away from the hospital for a much needed break.”

Family Medicine– Brampton

“Our event was a huge success! Six PGY2 residents attended and we first played foot golf, the weather was beautiful and we all had a lot of fun. Then we went for a wonderful meal where we had a night filled with laughter and conversation. All of the residents really enjoyed the opportunity to get to know each other better, and we appreciate the support of this grant very much.”

Ophthalmology

“This experience was invaluable for our hard working residents, it provided an opportunity to bond, build friendships and more importantly have a night to relax with a great meal. We will certainly cherish this event. We thank the Bob and Helen social networking grant for their generous support.”

Cardiac Surgery

“Dear Bob and Helen Brown, On behalf of the McMaster Cardiac Surgery resident group, we wanted to thank you for your generosity in establishing this social networking grant. Thanks to this award, we were able to enjoy a pottery event, hosted at the Creative Insights Studio. We had been talking about doing a hands-on activity for some time, as we are an energetic and technically-inclined group, and this activity proved to be perfect for team-bonding.”

Rheumatology

“The Rheumatology fellows and Internal medicine residents had the opportunity to use the social networking grant to take part in an escape room challenge. This was an excellent opportunity for the new fellows to meet one another, and everyone’s teamwork and communication skills were put to the test!”