



Dear fellow medical student,

Congratulations! I am so proud to welcome you to our Canadian Federation of Medical Students (CFMS) family. The CFMS is a community of over 8,300 medical students across 15 schools, coast to coast. It is our mission to **connect**, **support**, and **represent** you as you learn the skills and knowledge necessary to serve society as a physician.

1. **Connect:** We host two **General Meetings** a year—these are opportunities for you to come and network with medical students from across Canada and discuss hot topics in medical education. We also facilitate cross-school collaboration through our roundtables. Sign up for our Communications team's bi-weekly **Communiqué** through our website to learn about opportunities and resources for you!
2. **Support:** We strive to ensure that **learner wellness** is a top priority at all schools. Our Student Affairs portfolio supports members through programming such as our National Wellness Challenge. Our Finance team provides **granting opportunities** to support local and national student-led initiatives. We have a wide array of member **discounts and resources** so make sure to create an account on our website (www.cfms.org) and use the case-sensitive sign-up code "**MyCFMS2021**" starting August 31st, 2021!
3. **Represent:** We represent your interests to national medical organizations to ensure that your concerns are always heard and considered. These include the Association of Faculties of Medicine in Canada (**AFMC** – the medical school deans), the Canadian Resident Matching Service (**CaRMS** – organizes our residency match), and the Canadian Medical Association (**CMA** – national physician representative body). Our Education portfolio has seats at many of these tables and works hard to improve your learning experience.

Furthermore, our Global Health portfolio supports grassroots health initiatives and connects members to the International Federation of Medical Students through international exchanges. Our Government Affairs portfolio provides opportunities for you to learn and apply advocacy skills such as through our National Day of Action, where students across Canada meet with MPs on Parliament Hill to discuss national health-related issues.

The CFMS enjoys a collaborative partnership with MD Financial Management. MD is the only national financial services firm exclusively dedicated to helping Canadian medical students, residents, and physicians. Whether you want to know how to best finance your education or manage your debt, MD can help with advice and solutions specific to your needs. MD also supports CFMS members through Leadership awards which recognize a change maker at each of our 15 member schools as well as Travel awards to support additional students to attend our general meetings.

Medical school is a challenge at the best of times, and the year ahead will certainly be more challenging than most. Although national bodies can often feel distant, I encourage you to make it feel connected by getting involved and becoming part of our vision of Tomorrow's Physicians Leading for Health Today. Whatever your background, passion, or skill sets, there is always a place for you at the CFMS. I look forward to meeting and working with you this year!

Take care, be kind,

Joseph Boyle
CFMS Interim-President