

RESIDENT WELLNESS INFORMATION

Wellness Representatives 2025-2026:

- **Aurinjoy Gupta** - Urology Resident Wellness Representative/Champion
- **Dr. Peter Wang** - Urology Faculty Wellness Representative

Website: [Urology Resident Wellness](#)

Taking Care of Yourself

If you encounter difficulties during your residency and prefer not to speak with the Residency Program Director, you can reach out to the following contacts:

London:

- **Dr. Robert Stein** - Associate Dean, Learner Experience
 - Email: robert.stein@lhsc.on.ca
- **Dr. Laura Diachun** - Assistant Dean, Postgraduate Learner Experience
 - Email: laura.diachun@sjhc.london.on.ca
- **Ms. Pam Bere** - Manager/Counsellor, Learner Experience
 - Phone: 519.661.2111 x 86250
 - Email: pamela.bere@schulich.uwo.ca

Windsor:

- **Ms. Stephanie Coccimiglio**
 - Phone: 519.253.3000 x4302
 - Email: learnerexperience@uwindsor.ca
- **Dr. Tyceer Abouhassan** – Faculty Advisor, Learner Experience
 - Email: tyceer@gmail.com

Ontario Medical Association: Physician Health Program

- Website: php.oma.org
- Phone: 1-800-851-6606
- Email: joy.albuquerque@oma.org

Additional Support

- **Postgraduate Medical Education Office:**
 - Phone: 519.661.2019
 - Email: postgraduate.medicine@schulich.uwo.ca
- **LHSC Employee Assistance Program:** <https://homewoodhealth.com/home/services/employee-health-workplace-wellness-efap/efap-plans-employee-counselling/>
 - Phone: 1-800-265-8310
- **Western University Ombudsperson:**
 - Phone: 519.661.3573
 - Email: ombuds@uwo.ca

Protecting Yourself and Taking Time Off

The **PARO 24 Hour Helpline** is available for any resident, partner, or medical student who needs assistance. It is confidential and administered by the Distress Centre of Toronto.

- **Phone:** 1-866-435-7362 (1-866-HELP-DOC)