



NBMS Wellness

February 2023



NBMS Wellness

NBMS Wellness provides support to physicians and their families, medical residents, and medical students who may be coping with the demands of practice, relationships, addiction, and other mental/physical health issues or life challenges. We are here to support physicians and medical learners in protecting their resiliency and finding the joy in medicine and in life.

NBMS Wellness Programs



NBMS Program Descriptions

MD4MD: Available to physicians only, this program will connect you with a primary care physician.

Peer Support Program: This program connects physician with a trained physician peer supporter. Matches are made based on shared experience. Sometimes only another physician can understand.

Tailored Counselling Solutions Program: This program is designed for physicians and their immediate family members (i.e. spouse and children) to access highly-skilled confidential and free counselling/psychological support with no limitations.



NBMS Program Descriptions

Mindful MDs:

A four-week group program designed by Dr. Shiona McIntosh. This group explores how mindfulness can cultivate increased self-awareness, self-regulation, and self-compassion that can be used to find balance in your everyday life.

Professional Coaching for Physicians Leaders:

This program enables physicians currently in (or interested in pursuing) a leadership position to improve their focus, productivity, and creativity to become more impactful in their roles while maintaining work-life balance.



Foundations of Leadership Certificate Program

- This program is offered in partnership with the New Brunswick Medical Society, Horizon Health Network, Vitalité Health Network, and CMA Joule
- This program will develop competencies and enhance leadership capabilities in current and future leaders while enabling meaningful change in the provincial health-care system
- The four-module program will provide opportunities for problem solving, collaboration, and focused dialogue on leadership topics such as self-awareness, engaging with others, patient/team-based care, and building alliances



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Questions?