

**Assistant Dean's Message, Dr. Carolyn Thomson, DMNS**

Welcome to your residency training. At Resident Affairs we understand residency training can be both rewarding and challenging. We also recognise that residents in personal or academic difficulty need a safe, confidential place to address these issues. We are here to help. Resident Affairs provides support and assistance to residents in family medicine and specialty training programs across the Maritimes. This includes individual counselling, coaching, facilitation of referrals to other health care providers and education around resident wellness.

The goal of the office of Resident Affairs is to be resident-centered and ensure wellness needs are being met and to provide valuable resources throughout your residency training.

It is our top priority to provide advice to help accommodate the needs of learners. Our priority is to ensure postgraduate trainees are well supported and able to perform to the best of their abilities. Take a look through our website where you will find a wealth of resources to assist you throughout your training.

Residents in Halifax is here to support Nova Scotia and PEI-based residents. The best way to reach me is by email ([carolyn.thomson@dal.ca](mailto:carolyn.thomson@dal.ca)) or by calling the office at 902-494-3232. I look forward to meeting and connecting with you.