

# Ice Cream Rounds



## What are Ice Cream Rounds?

Ice Cream Rounds are support groups that are facilitated by Resident Wellness Counsellors, Rebecca Turnbull and Rachel London. The purpose of these groups is to build a sense of compassion, connection and community among residents in any given program.

These groups are a safe and confidential space for residents to share their experiences (and enjoy some ice cream!) Residents are provided an opportunity to discuss the unique challenges that they face during residency, know that they are not alone in experiencing these challenges and to support one another in finding solutions. The groups are held during protected time during academic day and are typically 1.5 to 2 hours long. Nobody in an evaluative role is present for these discussions. Research has supported the utility of groups like Ice Cream Rounds in building resilience and preventing burnout among residents.

## How do I bring this to my program?

If you are interested in bringing Ice Cream Rounds to your program, please contact the Resident Wellness Office at 604 875 4111 x 21088 or email: [resident.wellness@ubc.ca](mailto:resident.wellness@ubc.ca).

