

Peer to Peer Program



What is the Peer to Peer Program?

Residency can be challenging in so many ways. Whether you are adapting to living in a new city, or you are feeling overwhelmed with trying to find work-life balance, there is another resident, in or outside of your program that has dealt with similar challenges and understands what you are going through. If you want to speak informally with this person, this is the program for you.

The Peer to Peer program is an opportunity for you to connect with another resident, a year or two ahead of you, who has been in your shoes and has come out the other side.

How can I join?

By joining the program, you can expect to offer or receive informal support, share your experiences, listen to the experiences of someone who has been where you are and offer and receive encouragement and helpful tips.

To sign up as a peer helper, please go to <http://survey.ubc.ca/s/peer-help-signup/>, or if you have any questions about how it works, feel free to contact us at 604 875 4111 x 21088 or email: resident.wellness@ubc.ca.

