

# New Physician Welcome Package

Nanaimo, British Columbia



Community information for physicians new to Nanaimo.

Nanaimo Medical Staff Association



# Welcome

## THE WELCOME PACKAGE

**Welcome to Nanaimo!** We're so glad to have you here!

This package, created by the Nanaimo Medical Staff Association's (MSA) New Physician Wellness Program, contains information and resources that you may find useful in your transition to Nanaimo and the surrounding areas. This package is not meant to be comprehensive, nor does it intend to promote certain organizations over others. However, we hope that it will provide you with a sample of resources to help get settled in our community, both personally and professionally.

## NANAIMO MSA

The Nanaimo MSA represents and advocates for Nanaimo medical personnel who hold a Board-issued permit to practice at a hospital, and who have been appointed to the Medical Staff. Its purpose is to represent the views of the medical staff on matters of interest, identify the rights and responsibilities of the individual practitioner, play an advocacy role independent from medical managers and department heads, and to provide the independent voice of the medical staff as a whole.

For more information about the Nanaimo MSA visit [www.nmses.ca](http://www.nmses.ca).

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***Disclaimer:** this package is for information purposes only and does not constitute or imply endorsement of any one person, company, or activity as listed.*





# Nanaimo Medical Staff Engagement Society (NMSES)



## Welcome to the Nanaimo Medical Staff Association (MSA).

As a member of the MSA, you are automatically a member of NMSES. NMSES is funded by the Specialist Services Committee (SSC) as part of the Facility Engagement (FE) initiative. FE is a provincial initiative that aims to strengthen relationships, engagement, and communication between health authorities and facility-based physicians to improve their work environment and the delivery of patient care.



NANAIMO MEDICAL STAFF  
ENGAGEMENT SOCIETY



### What is NMSES?

The Nanaimo Medical Staff Engagement Society supports and facilitates MSA engagement with the Health Authority through the provision of resources and infrastructure. Areas of focus include physician to Health Authority relationship and collaboration, physician to physician relationship and collaboration, and physician leadership and governance.

### Who is NMSES?

The Society is governed by an Executive & Advisory Council of physicians who are supported by the Society's Project Manager and staff. The Council represents the voices and perspectives of the Medical Staff, and meets monthly to discuss issues that impact the Medical Staff and patient care.

### NMSES for you.

NMSES support physicians in various forms, including funding for physicians-led projects and initiatives, opportunities to sit on committees and working groups, and scholarship funding. We also provide MSA, bulletins, event invitations, and more! Visit our website at [www.nmses.ca](http://www.nmses.ca) for more information and resources.

## Our Mission and Vision

We aim to develop a cohesive, empowered medical staff that engages with Island Health and the community to optimize patient care. We do this by fostering a strong, independent, accountable, and effective leadership that empowers physician voice, promotes collaboration and engagement, and nurtures physician wellbeing.

## Our Priorities

### **Invest in governance that supports the work.**

We promote governance models that facilitate organizational effectiveness, open dialogue, collaborative priority-setting, and provide an effective physician voice.

### **Promote physician wellbeing and improved work culture through engagement.**

We nurture physician respect and safety in partnership with Island Health and other stakeholders.

### **Act as agents of change through meaningful connection.**

We reach out to physicians to keep them informed and connected while simultaneously ensuring that they are aware that NMSES is an avenue to raise issues. We ensure that this reciprocal engagement is dynamic, inclusive, and has a positive tone.

### **Strengthen relationships with Island Health and colleagues locally and across Island to improve culture, patient equity, and access to healthcare.**

We create intentional places/opportunities for us to connect, as well as build and maintain relationships across the Island to promote broader collegiality. We use the relationships we have built to engage with Island Health in a positive way.

### **Improve the safety and equity of care for our Indigenous community members.**

We strive to improve the safety and equity of care for our Indigenous community members through ongoing education of the Medical Staff and engagement with local Indigenous leaders and communities.

### **Continue to develop connections with the community.**

We connect and engage with the community to better understand their needs and actively involve them as partners in health.

### **Improve patient care.**

We support physicians to lead and participate in projects that directly improve the care we provide to patients.

### **Contribute to hospital planning.**

We advocate for physician voices to be partners in all hospital planning.

# LIVE

## CLINICS

### **Anchor Family Medicine**

<http://anchorclinic.ca/>

### **Caledonian Clinic**

<http://caledonianclinic.ca/>

### **Family Practice Clinic**

<https://www.familypracticeclinic.ca/>

### **Lexitor Medical Clinic - Maternity**

<https://maternitydocs.com/lexitor-medical-clinic/>

### **Medical Arts Centre**

<https://medicalartscentre.com/>

### **Nexus Primary Care Clinic**

<https://www.nexusclinic.ca/>

### **Pacific Station Medical Clinic**

<https://pacificstationmed.ca/>

### **Sow's Ear Medical Clinic Ltd**

<https://sowsearmedical.com/>

### **The Medicine Cabinet Medical Clinic**

<https://pathwaysmedicalcare.ca/clinic/the-medicine-cabinet-hepburn-beth/>

### **Thrive Family Health**

[www.thrivefamilyhealth.ca](http://www.thrivefamilyhealth.ca)

### **Townsite Medical**

<https://www.fetchbc.ca/service.html?i=704>

### **Wallace Street Medical Clinic**

<https://wallaceclinic.ca/>

### **Walmart Walk-In & Family Practice Clinic**

<http://jacknathanhealth.com/>

### **Wellington Medical Clinic**

<http://wellingtonmedicalclinic.ca/>

## COMMUNITY RESOURCES

### **Nanaimo Community Hospice Society**

<http://www.nanaimohospice.com/>

### **Nanaimo Disability Resource Centre**

<http://www.ndrc.info/>

### **Nanaimo & District Hospital Foundation**

<https://www.nanaimohospitalfoundation.com/>

## DENTISTS

### **Brickyard Dental Clinic**

[www.brickyarddentalclinic.com](http://www.brickyarddentalclinic.com)

### **Brooks Landing Dental Clinic**

[www.brookslandingdental.ca](http://www.brookslandingdental.ca)

### **Bowen Dental Clinic**

[www.bowendental.ca](http://www.bowendental.ca)

### **Cedar Valley Dental Center**

<https://www.dentistrybc.com/>

### **Country Club Dental Centre**

[www.countryclubdental.ca](http://www.countryclubdental.ca)

### **Diver Lake Dental**

[www.diverlakedental.com](http://www.diverlakedental.com)

### **Dover View Dental**

<http://www.doverviewdental.com/>

### **Downtown Dental Group**

[www.downtownnanaimodentalgroup.com](http://www.downtownnanaimodentalgroup.com)

### **Franklyn Street Dental Centre**

[www.franklyndental.com](http://www.franklyndental.com)

### **Harewood Dental Clinic**

[www.harewooddentalclinic.ca](http://www.harewooddentalclinic.ca)

### **Lakeside Dental Clinic**

<http://www.lakesidedentalclinic.ca/>

### **Malaspina Dental Centre**

[www.malaspinadental.com](http://www.malaspinadental.com)

### **Nanaimo Dental Specialists**

[www.nanaimodentalspecialists.com](http://www.nanaimodentalspecialists.com)

### **Northfield Dental Clinic**

[www.northfielddentalclinic.com](http://www.northfielddentalclinic.com)

### **North Ridge Village Dental**

<https://www.northridgedental.ca/>

## Don't forget your physician discounts!

**CMA:** Discounts for you and your family to numerous companies & services.

[www.cma.ca/En/Pages/member-discounts.aspx](http://www.cma.ca/En/Pages/member-discounts.aspx)

**Island Health:** The Employee Preferred Purchasing Program is an employee-driven program that connects IH physicians to discounts and special offers provided by businesses serving Vancouver Island.

[www.viha.ca/recognition/employee\\_preferred\\_purchasing/index.html](http://www.viha.ca/recognition/employee_preferred_purchasing/index.html)





# LIVE

## DENTISTS CONT'D.

### Seven Sails Dental Centre

[www.dentistnanaimo.com/Seven-Sails-Dental](http://www.dentistnanaimo.com/Seven-Sails-Dental)

### Terminal Park Dental Clinic

[www.terminalparkdental.com](http://www.terminalparkdental.com)

### Uplands Dental Clinic

<https://www.uplandsdental.com/>

### Wellington Dental Clinic

[www.wellingtondentalclinic.ca](http://www.wellingtondentalclinic.ca)

### Westhill Dental Clinic

[www.westhilldentalclinic.com](http://www.westhilldentalclinic.com)

## FAMILY

### Childcare:

#### Boys and Girls Clubs of Central Vancouver Island

<https://www.bgccvi.com/>

#### CEFA Early Learning

<https://www.cefa.ca/>

#### Child Development Centre

<https://nanaimocdc.com/>

#### In Space Childcare Inc.

<https://www.inspacechildcare.com/>

#### Kid's Place Childcare Center

<https://www.facebook.com/thekidsplacechildcarecenter/>

#### Katie's Korner Child Care Centre

<https://katieskornerchildcare.com/>

#### Nanaimo Innovation Academy

<http://www.nanaimoinnovation.org/>

#### PacificCARE

[https://www.pacific-care.bc.ca/?page\\_id=14#LookingForChildcare/](https://www.pacific-care.bc.ca/?page_id=14#LookingForChildcare/)

### Independent Schools:

#### Aspengrove School

<http://www.aspengroveschool.ca/>

#### Blackbird Academy Nanaimo

<http://www.blackbirdnanaimo.com/>

#### Discover Montessori School

<http://www.dm-school.ca/>

#### École Océane

<http://oceane.csf.bc.ca/>

### Independent Schools Cont'd:

#### Nanaimo Christian School

<https://www.ncsnanaimo.com/>

### Public Elementary Schools:

#### Bayview Elementary

<https://bv.schools.sd68.bc.ca/>

#### Brechin Elementary

<https://br.schools.sd68.bc.ca/>

#### Cedar Elementary

<https://ce.schools.sd68.bc.ca/>

#### Chase River Elementary

<https://cr.schools.sd68.bc.ca/>

#### Cilaire Elementary

<https://ca.schools.sd68.bc.ca/>

#### Cinnabar Valley Elementary

<https://cb.schools.sd68.bc.ca/>

#### Departure Bay Elementary Eco-School

<https://db.schools.sd68.bc.ca/>

#### École Hammond Bay Elementary

<https://hb.schools.sd68.bc.ca/>

#### École North Oyster Elementary

<https://no.schools.sd68.bc.ca/>

#### École Pauline Haarer Elementary

<https://ph.schools.sd68.bc.ca/>

#### École Quarterway Elementary

<https://qw.schools.sd68.bc.ca/>

#### Fairview Elementary

<https://fv.schools.sd68.bc.ca/>

#### Forest Park Elementary

<https://fp.schools.sd68.bc.ca/>

#### Frank J. Ney Elementary

<https://fn.schools.sd68.bc.ca/>

#### Gabriola Elementary

<https://gb.schools.sd68.bc.ca/>

#### Georgia Avenue Elementary

<https://ge.schools.sd68.bc.ca/>

#### Island ConnectED K-12 School

<https://ic.schools.sd68.bc.ca/>

#### Ladysmith Elementary

<https://lp.schools.sd68.bc.ca/>

#### Ladysmith Intermediate

<https://li.schools.sd68.bc.ca/>



# LIVE

## Public Elementary Schools Cont'd:

**McGirr Elementary**

<https://mg.schools.sd68.bc.ca/>

**Mountain View Elementary**

<https://mv.schools.sd68.bc.ca/>

**Park Avenue Elementary**

<https://pa.schools.sd68.bc.ca/>

**Pleasant Valley Elementary**

<https://pv.schools.sd68.bc.ca/>

**Qwam Qwum Stuwixwulh School**

<https://qq.schools.sd68.bc.ca/>

**Randerson Ridge Elementary**

<https://rr.schools.sd68.bc.ca/>

**Rock City Elementary**

<https://rc.schools.sd68.bc.ca/>

**Seaview Elementary**

<https://sv.schools.sd68.bc.ca/>

**Syūwén'ct Elementary School**

<https://ct.schools.sd68.bc.ca/>

**Uplands Park Elementary School**

<https://up.schools.sd68.bc.ca/>

## Public Secondary Schools:

**Cedar Community Secondary School**

<https://cs.schools.sd68.bc.ca/>

**Dover Bay Secondary School**

<https://dv.schools.sd68.bc.ca/>

**The High School at VIU**

<http://www.viu.ca/highschool/>

**John Barsby Secondary School**

<https://www.sd68.bc.ca/schools/john-barsby-secondary/>

**Ladysmith Secondary**

<https://ls.schools.sd68.bc.ca/>

**Learning Alternatives**

<https://la.schools.sd68.bc.ca/>

**Nanaimo District Secondary School**

<https://nd.schools.sd68.bc.ca/>

**Wellington Secondary**

<https://we.schools.sd68.bc.ca/>

## Universities:

**Vancouver Island University**

<https://www.viu.ca/>

## FINANCES

**Physician Financial**

<https://mdm.ca/md-financial-management>

## FINDING A HOME

**\*Please note:** Housing/rental information is provided as a public service only – the user assumes all risks associated with contacting anyone using the below links. NMSES will not be liable for damages of any nature whatsoever resulting from the use or misuse of the information contained below.\*

### Real Estate

**Vancouver Island Real Estate Board**

<http://www.vireb.com/>

### Renting

**Craigslist**

<https://nanaimo.craigslist.org/d/apts-housing-for-rent/search/apa>

**Kijiji**

<https://www.kijiji.ca/b-for-rent/nanaimo/c30349001/700263>

**Used Nanaimo**

<https://www.usednanaimo.com/classifieds/real-estate/>

**Rent Faster**

<https://www.rentfaster.ca/bc/nanaimo/>

**Airbnb**

<https://www.airbnb.ca/a/stays/Nanaimo--British-Columbia--Canada>

[www.airbnb.com/h/north-nanaimo-gem](http://www.airbnb.com/h/north-nanaimo-gem)

# LIVE

## LGBTQ

**Nanaimo Pride Society**

<https://www.facebook.com/pridenanaimo/>

**Trans Vancouver Island**

[www.transvancouverisland.ca](http://www.transvancouverisland.ca)

## RECREATION

**Community Fitness & Aquatic Centres:**

**Beban Park Social Centre**

<https://www.nanaimo.ca/facilities/Details/1-Beban-Park-Social-Centre>

**Bowen Complex**

<https://www.nanaimo.ca/facilities/Details/8-Bowen-Park-Complex>

**Nanaimo Aquatic Centre**

<https://www.nanaimo.ca/facilities/Details/147-Nanaimo-Aquatic-Centre>

**Nanaimo Ice Center**

<https://www.nanaimo.ca/facilities/Details/216-Nanaimo-Ice-Centre>

**Oliver Woods Community Centre**

<https://www.nanaimo.ca/facilities/Details/231-Oliver-Woods-Community-Centre>

**Romper Room**

<https://climbromperroom.com/>

## CITY OF NANAIMO

<https://www.nanaimo.ca/>

## REGIONAL DISTRICT OF NANAIMO

<https://www.rdn.bc.ca/>

## RELIGION

**Religious Organizations Directory**

<https://www.vilocal.ca/l/nanaimo-bc/churches-religious-organizations>

## SHOPPING LOCAL

**Community Markets**

**Cedar Farmers Market**

<https://cedarfarmersmarket.org/>

*Sundays, 10:00 AM to 2:00 PM, May- October*

**Island Roots Bowen Road Market**

<https://islandrootsmarket.ca/>

*Wednesdays, 3 pm to 6 pm*

**Shopping Malls**

**Woodgrove Centre**

<https://www.woodgrovecentre.com/>

**Country Club Centre**

<https://www.countryclubcentre.com/>

**Nanaimo North Town Centre**

<https://www.nanaimonorth.com/>

## TRANSPORTATION

**Taxi**

**A C Taxi**

<http://actaxi.ca/>

**Coastal Rides**

<https://coastalrides.ca/>

**Yellow Cab**

<https://www.nanaimotaxi.ca/>

**Bus**

**Regional District of Nanaimo**

<https://bctransit.com/nanaimo/schedules-and-maps>

**Ferry**

**Departure Bay Ferry**

<https://www.bcferries.com/schedules/mainland/hbna-current.php>

**Duke Point Ferry**

<https://www.bcferries.com/schedules/mainland/tsdp-current.php>

**Plane**

**Comox Airport (YQQ)**

<https://www.comoxairport.com/>

**Harbour Air Seaplanes**

<http://www.harbourair.com/>



# WORK

## TRANSPORTATION CONT'D

### Plane

**Nanaimo Airport (YDC)**

<http://www.nanaimoairport.com/>

**Sear Seaplanes**

<https://www.searseaplanes.com/>

**Victoria Airport (YYJ)**

<http://www.victoriaairport.com/>

## BURNOUT SUPPORT

**Canada.ca Mental Health Support**

<https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html>

**Physician Health BC**

<https://www.physicianhealth.com/>

**24/7 Help Line: 1-800-663-6729**

*A program to support and advocate for BC physicians & their families. They provide assistance for a wide range of physical, mental & relationship challenges and aim to support a healthy, connected & resilient physician community.*

## COMMERCIAL/ OFFICE SPACE REALTORS

**Colliers International**

<http://www.collierscanada.com/en/offices/nanaimo/property-listings>

**NAI Commercial Central Vancouver Island**

<https://naivanisle.ca/>



**Check out the Practice Start-up Guide** for a comprehensive check-list of items to consider as you set up your new specialty practice.

The checklist can be found on the [NMSES website](#) as well as on the [NMSES Facebook Page](#)

## LOCAL SUPPORTS

**Island Health**

<https://medicalstaff.islandhealth.ca/>

*The IH Medical Staff website is a centralized information resource intended to provide timely, consistent and clear communication for Island Health's medical staff. It includes orientation & start-up resources, information on organizational structure, a calendar of events and much more.*

**Nanaimo Division of Family Practice**

<https://www.divisionsbc.ca/nanaimo>

**Nanaimo Medical Staff Engagement Society (NMSES)**

<https://www.nmses.ca/>

# PLAY

## ARTS

**Nanaimo Arts Council**

<https://www.nanaimoartscouncil.ca/>

**Nanaimo Art Gallery**

<http://nanaimogallery.ca/>

## CULTURE & HISTORY

**Nanaimo Aboriginal Centre**

<https://www.instagram.com/nanaimoaboriginalcentre/?hl=en>

**Nanaimo Bathtub Races**

<http://www.bathtubbing.com/>

**Nanaimo Museum**

<http://nanaimomuseum.ca/>

**The Port Theatre**

<https://www.porttheatre.com/>

**Tourism Nanaimo**

<https://www.tourismnanaimo.com/what-to-do/art-history-and-culture/>

## MEDITATION/MINDFULNESS

**BC Association for Living Mindfully (BCALM)**

<https://bcalm.ca/>

**Bethlehem Centre**

<http://www.bethlehemcentre.com/>

**Meditation Groups Nanaimo**

<https://nanaimomeditationgroups.weebly.com/>

**Get connected with your colleagues!**



**“Nanaimo Doctor’s Lounge”**

Your local physician network has a private, physicians-only, virtual doctor’s lounge where you can meet your colleagues and discuss a spectrum of topics from life to work.

<https://www.facebook.com/groups/210537849562307/>



**Physician Group Activities**

Visit the NMSES website or contact us to find out how you can be supported in starting a group activity for you and your colleagues.

[www.nmses.ca](http://www.nmses.ca)

[admin@nmses.ca](mailto:admin@nmses.ca) | 250-591-2833

# PLAY

## OUTDOORS

### Hikes & Trails

#### All Trails

[https://www.alltrails.com/explore/canada/british-columbia/nanaimo?a\[\]=hiking](https://www.alltrails.com/explore/canada/british-columbia/nanaimo?a[]=hiking)

#### Alpine Club of Canada Vancouver Island Chapter

<http://accvi.ca/>

#### Hiking Meetups

[https://www.meetup.com/topics/hiking/ca/bc/nanaimo/?cookie-check=AB5-Bo\\_KtYQ1HV6Y](https://www.meetup.com/topics/hiking/ca/bc/nanaimo/?cookie-check=AB5-Bo_KtYQ1HV6Y)

### Mountain Biking

#### Nanaimo Mountain Bike Club

<http://nanaimomountainbikeclub.com/>

#### Nanaimo Mountain Bike Trails

<https://www.trailforks.com/region/nanaimo/>

### On the Water

#### Nanaimo Rowing Club

<https://www.nanaimorowingclub.com/>

#### Nanaimo Yacht Club

<http://nanaimoyc.ca/>

## SPORTS

### Children's Recreation Programs

<https://www.nanaimo.ca/recreation-parks/recreation-facilities-schedules/childrens-recreation-programs>

### Clubs and Organizations

<https://www.nanaimo.ca/docs/recreation-parks/clubsandorganizations.pdf>

### Nanaimo Sports and Social Club

<https://www.nanaimossc.com/>



### Have you tried MeetUp?

<https://www.meetup.com/cities/ca/bc/nanaimo/>



# Nanaimo MSA

## CONTACT

### Nanaimo Medical Staff Engagement Society

**Address:** Unit 4 – 1588 Boundary Crescent

Nanaimo, BC, V9S 5K8

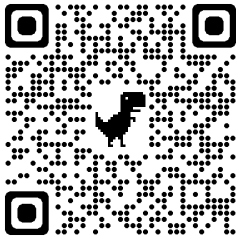
**Phone:** 250-591-2833

**Email:** [admin@nmses.ca](mailto:admin@nmses.ca)

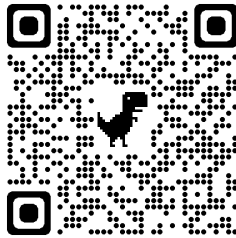
*Make sure to visit our website to  
meet your MSA Executive and  
Advisory Council members.*



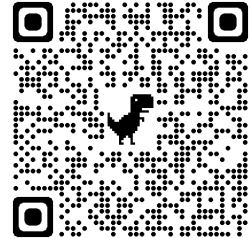
[www.nmses.ca](http://www.nmses.ca)



Join our Facebook group!  
<https://www.facebook.com/groups/NMSSES>



Follow us on  
Instagram!  
<https://www.instagram.com/nmses.ca>



Follow us on LinkedIn!  
<https://www.linkedin.com/company/nanaimo-medical-staff-engagement-society/>

### ISLAND HEALTH

MEDICAL STAFF ENGAGEMENT & DEVELOPMENT



[Webpage: Medical Staff Engagement & Development](http://www.nmses.ca)

### GET INVOLVED!

Visit our website to see our events calendar, participate in forums, apply to lead your own events or groups and much more!

[www.nmses.ca](http://www.nmses.ca)