

# 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! This package, created by the Nanaimo MSA's New Physician Wellness Program, contains information and resources that you may find useful in your transition to Nanaimo and 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).

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

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# 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.



### 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 supports physicians in various forms, including funding for physician-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, resources, and to read our Strategic Plan.

# LIVE

## CLINICS

### Anchor Family Medicine

<http://anchorclinic.ca/>

### Caledonian Clinic

<http://caledonianclinic.ca/>

### Lexitor Medical Clinic - Maternity

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

### Medical Arts Centre

<https://medicalartscentre.com/>

### Pacific Station Medical Clinic

<https://pacificstationmed.ca/>

### Sow's Ear Medical Clinic Ltd

<https://sowsearmedical.com/>

### The Medicine Cabinet Medical Clinic

<http://www.fetchbc.ca/service.html?i=17>

### Townsite Medical

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

### 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

### Cedar Valley Dental Center

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

### Dover View Dental

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

### Lakeside Dental Clinic

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

### North Ridge Village Dental

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

### Uplands Dental Clinic

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

## FAMILY

### Childcare:

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

<http://www.bgccvi.com/programs/>

#### NICC Childcare Center

<https://www.yellowpages.ca/bus/British-Columbia/Nanaimo/NICC-Childcare-Centre/6569868.html>

#### PacificCARE

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

## Don't forget your physician discounts!

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

[www.cma.ca/member-benefits-and-discounts/](http://www.cma.ca/member-benefits-and-discounts/)

**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.islandhealth.ca/careers/why-work-here/employee-preferred-purchasing/](http://www.islandhealth.ca/careers/why-work-here/employee-preferred-purchasing/)



# LIVE

## FAMILY CONT'D.

### Independent Schools:

#### Aspengrove School

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

#### Discover Montessori School

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

#### Nanaimo Christian School

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

#### The High School at Vancouver Island University

<https://international.viu.ca/high-school>

### Public Schools:

#### School District 68 Elementary Schools

<https://www.sd68.bc.ca/level/elementary-school/>

#### School District 68 Secondary Schools

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

### Universities:

#### Vancouver Island University

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

## FINANCES

### Physician Financial

<https://www.facebook.com/groups/303157906773998Lead>

## FINDING A HOME

### Real Estate

#### Vancouver Island Real Estate Board

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

### Renting

#### Craigslist

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

### Renting cont'd.

#### 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/>

## 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/>



# LIVE

## CITY OF NANAIMO

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

## REGIONAL DISTRICT OF NANAIMO

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

## RELIGION

### Christian Churches

<http://churchdirectory.ca/browse/?p=BC&a=%&c=Nanaimo>

### Islamic Centre of Nanaimo

<http://thebcma.com/BranchProfile.aspx?BranchId=10>

## SHOPPING LOCAL

### Community Markets

#### Cedar Farmers Market

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

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

#### Island Roots Bowen Road Market

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

*Wednesdays, 3 pm to 6 pm, starting Oct. 17<sup>th</sup>*

#### Nanaimo Downtown Farmers Market

<http://nanaimodowntownfarmersmarket.com/>

*Saturdays from May to Labour Day, 9 am to 2 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/>

#### Yellow Cab

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

### Bus

#### Regional District of Nanaimo

<https://www.rdn.bc.ca/transit-schedules>

### 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/>

#### Nanaimo Airport (YDC)

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

#### Victoria Airport (YYJ)

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

# WORK

## BURNOUT SUPPORT

### 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/>

## LOCAL SUPPORTS

### Island Health

<http://www.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/>

**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](#)

# PLAY

## ARTS

**Nanaimo Arts Council**

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

**Nanaimo Art Gallery**

<http://nanaimogallery.ca/>

## CULTURE & HISTORY

**Nanaimo Aboriginal Centre**

<https://www.nanaimoaboriginalcentre.ca/cutlure/>

**Nanaimo Bathtub Races**

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

**Nanaimo Museum**

<http://nanaimomuseum.ca/>

**The Port Theatre**

<http://www.porttheatre.com/events/archives/apr-2016/city-nanaimos-2016-culture-heritage-awards-ceremony/>

**Tourism Nanaimo**

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

## MEDITATION/MINDFULNESS

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

<https://bcalm.ca/>

**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://sites.google.com/site/nanaimorowingclub/home>

#### 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

203-1801 Bowen Rd., Nanaimo, BC | V9S H1H

T. 250-591-2833

E. [admin@nmstes.ca](mailto:admin@nmstes.ca)

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

 NMSES

*Visit our website to meet  
your MSA Executive and  
Advisory Council  
members.*

### ISLAND HEALTH

#### MEDICAL STAFF ENGAGEMENT & DEVELOPMENT

 [Webpage: Medical Staff Engagement & Development](#)

## 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.nmstes.ca](http://www.nmstes.ca)