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Dr. (Kate) Katherine Miller • GUELPH • ON
Dr. Merrilee Brown • PORT PERRY • ON
Dr. Rochelle Dworkin • HANOVER • ON
Dr. Elaine Blau • TOBERMORY • ON

FINDING YOUR PEEPS: CREATING AND NURTURING YOUR RURAL SUPPORT NETWORK

It is easy to feel alone in rural practice which leads to, among other things, increased burnout. A network of like-minded physicians in other communities can not only enrich your life but create a vital lifeline in times of stress. Over and above that, it can be a lot of fun!! Through examples and discussion, this workshop will give you the tools to identify, build and nurture your own rural support network.

1. Define WHAT a rural support network is (and what it isn't) 2. Understand WHY they would benefit from a good network of support 3. Identify WHO could and should make up their rural support network 4. Explore HOW to connect with and nurture their network