# Drop-in groups:

All of the below groups will be hosted by Dr. Kasra Khorsani (a psychiatrist at Mount Sinai Health Systems and St. Joseph’s Health Centre in Toronto, who is an expert in group therapy) and sponsored by the OMA.

(This is not psychotherapy.)

The Physician Health Program invites you to drop in virtually, each weekday to support one another during the COVID-19 pandemic.

You can stay for one minute or as long as you can, and come back as many times as you like. *Everyone is welcome*. The chats are meant to be a safe space where we can talk about how we are managing.

1. MD lead virtual chat from 12:00-1:00 pm

Join Zoom Meeting Daily from 12:00-1:00

<https://zoom.us/j/595378840?pwd=NGx4N0IvZ1dHWDhyZGhOTTJZWUt1UT09>

Meeting ID: 595 378 840
Password: 067104
One tap mobile
+14388097799,,595378840# Canada
+15873281099,,595378840# Canada
Dial by your location
+1 438 809 7799 Canada
+1 587 328 1099 Canada
+1 647 374 4685 Canada
+1 647 558 0588 Canada
+1 778 907 2071 Canada

Meeting ID: 595 378 840
Find your local number: <https://zoom.us/u/abc146nTUr>

2. OMA-MD Resident Chat Sessions from 2-3 pm four times/week Monday, Tuesday, Thursday and Friday.

Topic: Chat group Ontario Medical Residents

Time: Mon, Tues, Thur, Fri 02:00-3:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

https://zoom.us/j/923210869?pwd=TXZkZGkwOCtZM1lGVVBWUGR1RldmQT09

Meeting ID: 923 210 869

Password: 955825

One tap mobile

+15873281099,,923210869# Canada

+16473744685,,923210869# Canada

Dial by your location

 +1 587 328 1099 Canada

 +1 647 374 4685 Canada

 +1 647 558 0588 Canada

 +1 778 907 2071 Canada

 +1 438 809 7799 Canada

Meeting ID: 923 210 869

Find your local number: https://zoom.us/u/abc146nTUr

3. Ontario Psychiatric Resident Chat Sessions –from 5-6 pm daily Monday-Friday.

Topic: Drop in group for Ontario Psych residents

Time: This is a recurring meeting Monday to Friday 5-6 pm

Join Zoom Meeting

https://zoom.us/j/512209227?pwd=RUlWSTdlS3ZmQ1JSbmZadXc1SStlQT09

Meeting ID: 512 209 227

Password: 055737

One tap mobile

+16475580588,,512209227# Canada

+17789072071,,512209227# Canada

Dial by your location

 +1 647 558 0588 Canada

 +1 778 907 2071 Canada

 +1 438 809 7799 Canada

 +1 587 328 1099 Canada

 +1 647 374 4685 Canada

Meeting ID: 512 209 227

Find your local number: https://zoom.us/u/abc146nTUr

In addition to the above listed groups, there is also a Facebook group called

COVID 19 Women Physician Emotional Wellbeing

<https://www.facebook.com/groups/235295047624227/>