

Dear Resident,

Think about your best memory during residency: Chances are it will include your colleagues. Our peers are a powerful source of support!!

SIGN UP FOR:

CIRCLE

Peer Talk Group

Colleagues **I**nvolved in **R**eaching Colleagues through **L**istening and **E**mpathy

OR

CIRCLE

Peer Text Group

Colleagues **I**nvolved in **R**eaching Colleagues through **L**istening and **E**mpathy

What are these peer groups for?

- A venue to connect with colleagues
- Reflect and discuss important topics in medicine that we might not ordinarily address during day-to-day practice

Why participate in peer groups?

Improvement in well-being has been demonstrated when discussing these evidence-based topics.

How does it work?

You will get an evidence-based topic/prompt to discuss every other week for 6 months, beginning July 2021.

Take a minute to review the attached video from Chantal Brazeau, MD, Chief Wellness Officer, RBHS and Manasa Ayyala, MD, Assistant Professor of Medicine, Division of General Internal Medicine, NJMS, for additional information!

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