



Dear fellow medical student,

Congratulations! You got into medical school! You have put in lots of blood, sweat, and tears to get to this point and you should be proud of all that you have accomplished. Although the journey has just started and there are many challenges ahead, medical school will give you some of your most precious experiences and friends in life.

I'm so happy to welcome you to our Canadian Federation of Medical Students (CFMS) family. The CFMS is a community of over 8,300 medical students across 15 schools, coast to coast. It is our mission to **connect**, **support**, and **represent** you as you learn the skills and knowledge necessary to serve society as a physician.

1. **Connect:** We host two **General Meetings** a year—these are opportunities for you to come and network with medical students from across Canada and discuss hot topics in medical education. We also facilitate **cross-school collaboration** through our roundtables. Sign up for our Communications team's bi-weekly **Communiqué** through our website to learn about opportunities and resources for you!
2. **Support:** We strive to ensure that **learner wellness** is a top priority at all schools. Our Student Affairs portfolio supports members through programming such as our National Wellness Challenge. Our Finance team provides **granting opportunities** to support local and national student-led initiatives. We have a wide array of member **discounts and resources** so make sure to create an account on our website (www.cfms.org) and use the case-sensitive sign-up code "**MyCFMS2020**" starting August 31st, 2020!
3. **Represent:** We represent your interests to national medical organizations to ensure that your concerns are always heard and considered. These include the Association of Faculties of Medicine in Canada (**AFMC** – the medical school deans), the Canadian Resident Matching Service (**CaRMS** – organizes our residency match), and the Canadian Medical Association (**CMA** – national physician representative body). Our Education portfolio has seats at many of these tables and works hard to improve your learning experience.

Furthermore, our Global Health portfolio supports grassroots global health initiatives and connects members to the International Federation of Medical Students through international exchanges. Our Government Affairs portfolio provides opportunities for you to learn and apply advocacy skills such as through our National Day of Action, where students across Canada meet with MPs on Parliament Hill to discuss national health-related issues.

The CFMS enjoys a collaborative partnership with MD Financial Management. MD is the only national financial services firm exclusively dedicated to helping Canadian medical students, residents and physicians. Whether you want to know how to best finance your education or manage your debt, MD can help with advice and solutions specific to your needs. MD also supports CFMS members through Leadership awards which recognize a change maker at each of our 15 member schools as well as Travel awards to support additional students to attend our general meetings.

You are entering medical school in unprecedented times. Although national bodies can often feel distant, I encourage you to make it feel close to home by getting involved and becoming part of our vision of *Tomorrow's Physicians Leading for Health Today*. Whatever your background, passion or skillsets, there is always a place for you at the CFMS. I look forward to meeting and working with you this year!

Cheers,

Henry Li
CFMS President 2020 – 2021