



# BUILDING RESILIENCE IN MEDICINE (BRIM)

Intern can be a stressful and challenging stage of your medical career.



Doctors' Health SA invites **interns** to participate in this new and unique South Australian program.

A **\*free\*** one-day program that will provide you with the tools, resources and supports to enable you to **manage good health and wellbeing during internship** and preparing you to thrive onto the next stage of your doctor career!

Hosted by **Doctors' Health SA, Medical Director, Dr Roger Sexton** and facilitators:

**“Mindful Self-Care for the Medic”**

presented by **Dr Maura Kenny** (Consultant Psychiatrist)

**“Medical Professional Time Management”**

presented by **Mr Hugh Kearns** (Time Management Consultant)

**“Mental Health in a Nut Shell”**

presented by **Associate Professor Jill Benson** (GP)

**BRIM for Interns** will be held at

College House (RACGP)  
15 Gover Street, North Adelaide

**Saturday 14<sup>th</sup> July, 2018**

**\*\*The program starts at 8.00am, includes refreshments, lunch then concludes at 4.00pm\*\***

For more information about the BRIM program and presenters visit Doctors' Health SA website  
<http://doctorshealthsa.com.au/about-us/brim>

**To REGISTER for BRIM by 4<sup>th</sup> July 2018**, contact Program Officer, Kiara Cannizzaro by email  
[kiara.cannizzaro@doctorshealthsa.com.au](mailto:kiara.cannizzaro@doctorshealthsa.com.au) or telephone 08 8232 1250.