

M'20 COMPASS Wellness Groups

Welcome to Tufts University School of Medicine!

Shortly, you will begin one of the most fascinating and absorbing experiences of your life. Every effort is being made to help you make the transition into this major endeavor. We would like to offer you the opportunity for one further option to help you adjust during these first months.

COMPASS (Co-leader **O**rientation in **M**indfulness for **P**atients and **S**tudent **S**upport) is a Mindfulness Based Stress Reduction & Support group program for incoming first year students. This program will be centered on periodic group meetings during the first few months of your class time at TUSM. During these groups you will learn techniques to reduce your stress, enhance your coping and study skills and work with each other to remain whole even while sometimes feeling overwhelmed.

The groups will run September-January – there will be 7 total sessions on Wednesday or Thursday afternoons (see schedule below; location TBD). Your group will be co-led by two M'19 student volunteers who will have gone through an intensive training to prepare them for this role. During a presentation at Orientation, some of the M'19 co-leaders (who went through the course last year as first year students) and I will meet with you to discuss the program and to review aspects of Mindfulness training.

COMPASS sign-up will be limited; sign-up will be closed once the slots are filled or on **Friday, September 2**, whichever comes first. You may sign up at any time up until then at Office of Educational Affairs (OEA, Sackler 321).

We look forward to working with you this fall and wish you the best as you begin your medical career.

Be well,

Christopher Bellonci, MD

2016-2017 COMPASS Schedule

(W) Sept. 28	2:45-3:45pm
(W) Oct. 19	3-4pm
(W) Nov. 2	3:15-4:15pm
(W) Nov. 30	3-4pm
(Th) Dec. 8	3:45-4:45pm
(Th) Jan. 5	3-4pm
(Th) Jan. 19	3-4pm