



## **Community and Wellness Committee (CWC)**

### **Terms of Reference and Guidelines**

(revised: August 2019)

#### **Purpose**

To promote, support, and facilitate resident physician well-being, including mental, physical, and social well-being in supportive working, living, and learning environments.

#### **Goals**

1. Identify and act upon opportunities to enhance resident physician well-being through:
  - a. Enhancing personal skills
  - b. Developing community supports
  - c. Building supportive environments
  - d. Advocating for policy change and compliance
2. To advance resident physician wellness as a key consideration in organizational decision making by PARA and PARA partner organizations
3. To reduce inequities in resident physician well-being

#### **Core Activities**

1. Identification of resident physician wellness needs, including inequities in resident physician wellness
2. Planning and evaluation of activities to address identified needs
3. Evaluation of the impacts of Association plans on resident physician wellness, and development of recommendations to improve resident physician wellness
4. Assessment and decision-making regarding applications for community-driven resident wellness events

#### **Membership**

Vice President Community and Internal Relations  
Assembly Delegates  
General Members  
Designated PARA Staff Liaison

#### **Reporting Relationship**

The CWC is accountable to the PARA Executive Board for all decisions. Any decisions which change the structure, function or core activities of the CWC require approval by the Executive Board.

Decisions or initiatives that require additional funding outside of the approved budget will require the approval of the Executive Board.

#### **Term**

Annual; members of the CWC are encouraged to serve multiple terms where possible.

#### **Meetings**

The CWC should have regular (if possible monthly) teleconferences to plan and evaluate initiatives that happen throughout the year. The first meeting should be set for within one month of the first Assembly Meeting of the academic year.