



Let's prepare for the future together!



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Family Medicine Forum Non-Certified Program

Nov 10-13, 2021



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Non-Certified Program

Scheduled times are listed in Eastern Time



Tuesday, November 11th

7:00 p.m. – 8:15 p.m. Unforgotten Movie Screening and Discussion

Accompanied by educational resources, this film was created to raise awareness, incite reflection and spark conversations about how to make meaningful change happen in health care.

Wednesday, November 10th

9:00 a.m. – 9:50 a.m. Facets of Advancing Family Medicine

Kick-off FMF 2021 with a fresh look at the role of the Foundation for Advancing Family Medicine (FAFM)! We invite you to an engaging session where we will share stories of impact, inspiration and innovation; the Foundation's role supporting the CFPC and preparing for the future. All attendees are welcome.

11:00 a.m. – 11:15 a.m. Doodle Break

Your mind needs to be refreshed regularly. That's why doodling during a break is really beneficial. It works the area of your brain that activates the right hormones and chemical responses to combat stress. All you need is 2 sheets of paper and a writing utensil of your choice.

12:30 p.m. – 1:30 p.m. The Journey into Your Medical Practice

Are you ready for your next step? If you want to learn more about how to set up your practice come join us for a session that will cover what you need to know. Like how to manage your budget, paying down debt vs. investing, how to set-up a corporation, some risk management and fiscal tips, how to choose your banking products, and more. Hope to see you there!

12:30 p.m. – 1:30 p.m. Exploring Equity, Diversity and Inclusion: Practical considerations

A moderated panel of three will explore strengths and opportunities for change in engaging in and with equity, diversity, and inclusion (EDI) in family medicine/primary care research. Time will be left at the end for those attending to ask questions.

12:30 p.m. – 1:30 p.m. Teachers and Preceptors Knowledge Café

The Knowledge Café provides opportunities for dialogue at FMF by sharing and exchanging ideas, controversies, and innovations with colleagues on a variety of topics. Join us over the lunch break to share and exchange timely themes and hot-button issues at both the national and international levels of family medicine teaching.

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2:30 p.m. – 3:00 p.m. Family Zone: AGO Pop-Up Studio

For an event inspired by the exhibition “[Picasso: Painting the Blue Period](#)” at the Art Gallery of Ontario (AGO), participants will be guided in a drawing and colouring exercise led by the AGO’s artist instructor. This is a family time pop-up studio. See the exhibition at www.ago.ca.

4:00 p.m. – 5:00 p.m. FMF Celebration

The time has finally come: let’s celebrate Day One of FMF with some music and entertainment! Round up the family and get ready for some fun. Cheers to FMF, and to you! Everyone is welcome.

4:00 p.m. – 5:00 p.m. Introduction to Virtual SOOs

The Simulated Oral Office (SOO) component of the Certification Examination in Family Medicine will be delivered virtually for all candidates, beginning in 2022. This session will explain the changes and how they impact the preparation for and delivery of the exam. Faculty, examiners, and residents will benefit from attending this presentation.

5:00 p.m. – 6:00 p.m. Ontario College of Family Physicians (OCFP) Awards Ceremony

Join us as we celebrate the remarkable contributions made by Ontario’s family doctors this past year. All members are welcome!

7:00 p.m. – 8:00 p.m. Section of Researchers (SOR) Awards Celebration

Join your research colleagues at our annual SOR Awards Celebration! Together let’s honour those who have supported, shaped, and advanced the field of family medicine research. Everyone is welcome!

7:00 p.m. – 9:00 p.m. Student and Resident Social

Time to build those connections and get to know your fellow student and resident peers! You don’t want to miss this evening full of fun and games!

8:00 p.m. – 9:00 p.m. Section of Researchers Awards Celebration After-Party

Join us right after the SOR Awards Celebration for a Zoom after-party! You will have the opportunity to congratulate our award winners and chat with your colleagues.

Thursday, November 11th

11:00 a.m. (local time) Remembrance Day Tribute

At 11:00 a.m. in your local time zone please observe a moment of silence and view the Remembrance Day tribute video found in the agenda. This video was graciously provided by the Royal Canadian Legion, Canada’s largest veteran support and community service organization.

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11:00 a.m. – 11:30 a.m. Organize Your Home

Did you know organization relates to wellness? Join us for this session, led by [Simply Spaces](#), to learn how simplifying your space can improve your overall well-being! Follow them on [Instagram](#)!

12:30 p.m. – 1:15 p.m. HIIT Workout

Join incredible personal trainer and coach Derick Samuel for a live, high intensity interval training (HIIT) workout session! All fitness levels are welcome. Learn more about [QuikTrain](#) or follow them on [Instagram](#)!

12:30 p.m. – 1:30 p.m. Achieving Financial Well-being: Unique Insights for Physicians

Join MD Financial Management and Scotiabank as we demystify retirement costs, discuss strategies for alleviating financial stress, the importance of financial planning, and managing cashflows now and into retirement.

12:30 p.m. – 2:00 p.m. CFPC Annual Meeting of Members

All CFPC members are encouraged to attend this meeting. It will take place outside of the Virtual FMF platform. Registration details will be sent to all members in the fall. **For assistance please contact amm@cfpc.ca.**

2:30 p.m. – 3:00 p.m. Family Zone: Toronto Zoo Tour

Calling all animal lovers! Follow the [Toronto Zoo](#) staff as they take us on a tour through their African Rainforest Pavilion. Learn and discover interesting facts about the animals while seeing them live in their habitat. Get ready for a *wild* time!

4:15 p.m. – 5:15 p.m. Flash Mentoring Meet and Greet

Time to connect with and learn from your peers. The event will begin with a brief welcome, and then attendees will move into pre-assigned groups based on their area of interest specified during registration. This is a one-time flash mentoring session, with no ongoing commitment or requirement. **This event requires pre-registration at fmf.cfpc.ca.**

7:00 p.m. – 8:00 p.m. Celebrating Family Medicine Teaching Excellence

Join us for the fun and memorable event filled with the music and entertainment (and funky socks!) you have come to expect from the Section of Teachers (SOT)! We will acknowledge current and future family physicians and celebrate family medicine preceptors, teachers, and educational leaders. Everyone is welcome!

7:00 p.m. – 9:00 p.m. First Five Years Virtual Social

Get together and connect with your peers in their first five years of practice. The event will be full of fun and games, you won't want to miss it!

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8:00 p.m. – 9:00 p.m. Celebrating Family Medicine Teaching Excellence After-Party

Join us right after the SOT celebration for a virtual after-party! You will have the opportunity to congratulate our award winners and chat with your colleagues.

Friday, November 12th

11:00 a.m. – 11:30 a.m. Yoga

Time to get up and stretch it out! Join fitness and lifestyle coach, [Kelsey Rose](#), as she takes us through a guided yoga and stretch session. She will leave you feeling refreshed and ready to get through the rest of your day! Follow her on [Instagram](#).

12:30 p.m. – 1:15 p.m. Sleep Better

Now, more than ever, we need to be sleeping well to improve our immune systems and overall health. When we focus on changing our mindset and everyday lifestyle habits, we can begin to build a foundation to sleep and feel better. Sleep expert [Alanna McGinn](#) will educate you on incorporating proper sleep hygiene specific to your role as a physician, with tips and strategies to quiet your mind, shorten sleep onset, and strengthen your relationship with sleep and your bed.

12:30 p.m. – 1:30 p.m. Student and Resident Panel Discussion

Join your fellow students and residents for a one-hour Q&A panel and presentation discussing everything family medicine! Have your questions answered by an esteemed group that includes a program director, an early-career family physician, a rural/urban practice physician, a medical student, and a resident. They can share information about their diverse community of patients, personal practices, evolving practices, and finding a work-life balance. Don't miss out on this live event!

12:30 p.m. – 1:00 p.m. President's Installation

Join us as we thank Dr. Catherine Cervin for her leadership, and welcome Dr. Brady Bouchard as the incoming CFPC President for 2021–2022! Join us for a casual, drop-in session immediately afterward to meet your CFPC Board of Directors.

1:00 p.m. – 1:30 p.m. Meet Your CFPC Board of Directors

We invite you to meet your Board Directors including the new Directors elected at the Annual Meeting of Members. Following introductions this will be a free-flowing discussion. Bring your questions about the Board's role, its key areas of work, or anything else you would like to raise.

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2:30 p.m. – 3:00 p.m. Family Zone: Exploring Through Nature

Explore the nature sanctuary at the [Cowichan Estuary Nature Centre](#) in British Columbia. A guide will take us through the estuary where we can learn all about the watershed, marine life, and natural and cultural history!

4:00 p.m. – 5:15 p.m. Wine Tasting Experience

Wine expert [Christopher Waters](#) will take your taste buds to a whole new level with a fine selection of wines from the [Gargoyle Wine Club](#). Add this to your registration and the wines will be delivered directly to you. **This event requires pre-registration at fmf.cfpc.ca.**

5:00 p.m. – 6:30 p.m. Member Interest Groups Section (MIGS) Networking Event

Join your colleagues for a fun-filled event! Meet the MIGS leaders, check out new practice support resources, and meet colleagues with similar practice interests. All FMF attendees are welcome!

7:00 p.m. – 8:00 p.m. Awards Gala

Join colleagues and friends for a spectacular evening where we highlight the game changers and leaders in family medicine! A feel-good event with a stunning tribute to our Family Physicians of the Year, generously supported by Scotiabank and MD Financial Management. Everyone is welcome!

Saturday, November 13th

11:00 a.m. – 11:30 a.m. Family Zone: Ripley's Aquarium Tour

Join us as we *dive* into a spectacular tour of [Ripley's Aquarium](#) in Toronto! We will be going behind the scenes to get a closer look at and learn about turtles, stingrays, and other friendly fish folk!

12:30 p.m. – 1:15 p.m. HIIT Workout

Join incredible personal trainer and coach Derick Samuel for another live, high intensity interval training (HIIT) workout session! All fitness levels are welcome. Learn more about [QuikTrain](#) or follow them on [Instagram](#)!

12:30 p.m. – 1:30 p.m. Mainpro+® and PLP Ask Me Anything

An open Q&A for participants to ask CFPC continuing professional development staff anything about Mainpro+ credit reporting, certified activities, and the upcoming Profession Learning Plan (PLP) program.

2:30 p.m. – 2:45 p.m. Doodle Break

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4:00 p.m. – 5:00 p.m. CFPC Convocation Celebration

Join us in celebrating and recognizing the achievements of the 2021 recipients of the CFPC's Special Designations, Honorary Membership, and the W. Victor Johnston Award.



Thank you

for supporting the
future of family
medicine!



Merci

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de la médecine
de famille !

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