



CFG'S CREATIVE WAYS TO CONNECT



CFG RESIDENCY OUTREACH RESOURCE LIBRARY

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"CFG'S RESIDENCY OUTREACH TEAM BROUGHT THE EVENTS TO PEOPLE VIA THE BEST POSSIBLE WAY THESE DAYS - VIRTUALLY."

By Ted Costa

Since 2018, CFG's Residency Outreach Program has been known by local university residents as an organizer of big and small in-person events, bringing psychiatry residents together to learn and unwind. Between single-program and multi-university events, hundreds of psychiatric residents have spent hours with CFG physicians and staff. We are often asked questions not just about the CFG organization but also about what to expect post-residency. The Residency Outreach team has met these residents in person – all with enthusiasm for these soon-to-be practicing psychiatrists outside of their program.

But 2020 held surprises for us all. With the start of the pandemic in March of 2020, meeting in person for the entire globe of people became impossible. Doing anything in-person became a far-distant hope that would drag on for over a year, as everyone knows it. With no end apparent in sight for the hiatus of in-person events, CFG's Residency Outreach Team brought the events to people via the best possible way these days - virtually.

"WELL-BEING IS A PRIORITY FOR US, AND WE ARE LOOKING FORWARD TO SAFELY CONNECTING AT OUR UPCOMING EVENTS. SO STAY TUNED!"

In the last year, CFG has put on financial webinars, virtual group lunches, yoga classes, mindfulness meditations, and other sessions involving mental help for caregivers coping with the pandemic. We also have a fun virtual paint night planned!

For the most part, we miss seeing you in person. But what's so great about the people around us is the willingness and creativity to continue the connection. Virtual was a great way to communicate and connect.

Patience has been a part of the process. The eagerness to get back to normal is what's getting everyone through and the many mandates that are now being lifted. Life for residents – and everyone across the globe – had been changed so drastically. CFG is very grateful to have been part of the waiting period. Together, we look forward to shaking hands again – or at least a virtual high-five, face-to-face, with a mask on if you prefer! Well-being is a priority for us, and we are looking forward to safely connecting at our upcoming events. So stay tuned!



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