C. SOCIAL WORKER

Valerie Spironello, MSW, RSW
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Ms. Spironello specializes in life work balance and wellness and is available to all residents registered with McMaster University. Ms. Spironello is trained to recognize and address compassion fatigue in those within the caring profession. In her private practice, “Choose Wellness” she uses a mindfulness approach to assist others in improving wellness in body, mind and spirit. For more information please refer to her website: www.choosewellness.ca

Visits for residents are covered under the Resident Benefit plan as per the PARO agreement (the current agreement covers up to $500 – this would be approximately 4 – 5 visits). Visits are confidential. To promote resident wellness, the PGME Office will pay for the initial visit.