

Course Syllabus

PHRM 7190 Graduate Professional Development – PhD

Fall 2026

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Traditional Territory Acknowledgment

The University of Manitoba campuses and research spaces are located on original lands of Anishinaabeg, Ininiwak, Anisininewuk, Dakota Oyate, Dene and Inuit, and on the National Homeland of the Red River Métis.

We respect the Treaties that were made on these territories, we acknowledge the harms and mistakes of the past, and we dedicate ourselves to move forward in partnership with Indigenous communities in a spirit of Reconciliation and collaboration.

Equity and Inclusion Commitment

We strive to acknowledge, embrace, and engage all people within our pluralistic society. We seek to enable an inclusive intellectual and physical environment by dismantling systemic barriers to individual and communal success. Every person has value and deserves to belong within society, and this predicates our commitment to diversity, equity, and inclusion. Our search for truth and knowledge will best serve humanity when a variety of viewpoints and voices take on the challenges before us. We hold ourselves accountable for our progress through transparency, open communication, and a commitment to personal growth as students, scholars, colleagues, neighbours, and citizens.

Course Details

Course title:	Graduate Professional Development - PhD
Course number:	PHRM 7190
Course description:	Lectures and interactive activities on selected topics in graduate professional development relevant to career paths in the health sciences. This course will enable the learner to: • Explore their career options after graduation in the academic, public, and private health-related sectors; • Develop transferrable skills relevant to multiple career paths; • Acquire knowledge about the standards and expectations surrounding the job search and job application processes; • Identify important elements of professionalism.
Credit hours:	1.5
Prerequisites:	Students will have met all requirements for entry to their PhD program. Students from programs other than Pharmacy must obtain permission to register from the course coordinator.

Class times:	Fall session: September 8 to December 22, 2026 Wednesdays, 12h00 to 1h30
Class location:	<i>In-person:</i> University of Manitoba, 071 Apotex Centre Some sessions held on Zoom
Teaching methods:	This course will be taught with a combination of lectures, assigned readings, and class discussion.
Voluntary Withdrawal:	November 24, 2026

Instructor Contact Information

Course coordinator:	Dr. Samantha Pauls, Assistant Professor College of Pharmacy, University of Manitoba <i>Email:</i> samantha.pauls@umanitoba.ca
Availability:	Please use e-mail as a primary point of contact to make an appointment (in-person or video call) or to ask questions. Responses will generally be forthcoming within 1-3 business days; please send a follow-up message if you have not received a response.
Course instructors:	Dr. Samantha Pauls: samantha.pauls@umanitoba.ca Dr. Tabrez Siddiqui: tabrez.siddiqui@umanitoba.ca Dr. Iris Trinkler: chabriertrinkler@unistra.fr Dr. Sachin Katyal: Sachin.katyal@umanitoba.ca

Goals and Learning Outcomes

With a global lens, students will be able to

- Articulate how personal values, skills, and interests impact educational and career path decisions;
- Analyze their career options and identify their plan A and plan B career paths;
- Develop a strategy for identifying, building, and marketing transferable skills;
- Demonstrate effective informational interviewing skills;
- Compare and contrast the job search and application process for academic, government, and industry careers;

Class Schedule

This schedule is subject to change at the discretion of the course coordinator and/or based on the learning needs of the students. However, such changes are subject to Section 2.8 of the – [ROASS](#) Procedure.

Organization of the Course:

Date	Lecturer	Topic*
Sept 9	Pauls	<u>Introduction to your future.</u> What is GPD and why is it important Overview of course assessments Core values and career values

		Assignment #1: MyIDP exercise and reflection (due Sept 23)
Sept 16	Pauls	<u>Career Path Options: Overview of health sector</u> Sector and career categories, snapshot career features, global lens
Sept 23	Pauls	<u>The Academic career path</u> Overview of academia including UStrasbourg faculty guest (P Darbon) Group work to develop interview questions and draft communications for assignment Assignment #1 due (25%) Assignment #2: Interview an Academic faculty member (choice of presentation or article** due Oct 28)
Sept 30	Pauls	<u>Transferable skills</u> Skills for research and beyond; access to resources, peer discussion: Goal to access 1-2 resources this year
Oct 7	<i>Independent work on Assignment #2</i>	
Oct 14	Pauls	<u>Leadership</u> Leadership styles, communication styles, conflict resolution
Oct 21	Katyal	<u>Networking</u> Elevator pitch exercise and discussion
Oct 28	Pauls	In-class presentations Assignment #2 due (25%)
Nov 4	Pauls	<u>Informational interviews</u> Overview of best practice, group work: develop interview questions and draft communications for assignment Assignment #3: Interview a PhD Alum (choice of presentation or article** due Dec 9)
Nov 11	<i>University closed for Remembrance Day</i>	
Nov 18	Siddiqui	<u>Time management and goal setting</u> Foundational principles, resources, group discussion
Nov 25	Trinkler	<u>Building lifelong resilience</u> Foundational principles, group discussion
Dec 2	Pauls	<u>Job search strategies/ Resumés</u> Overview of best practice, in-class exercise: mock resumé prep, group discussion
Dec 9	Pauls	In-class presentations Assignment #3: due (25%)
Dec 16	Pauls	<u>Reflection and discussion</u>
* Order of topics listed may be subject to change.		
** Students are provided a choice of formats for Assignment #2 and #3 (presentation or written article), however one of each format must be completed within the course.		

Textbooks, Readings and Materials

There is no textbook for this course. Recommended readings/videos will help students benefit from this course. These include:

- Graduate Professional Development, Rady Faculty of Health sciences:
 - <https://umanitoba.ca/health-sciences/rady-faculty-health-sciences/graduate-professional-development>
- Graduate Professional Development Playlist by Dr. Nana Lee (University of Toronto):

- <https://www.youtube.com/playlist?list=PL095D5AmPAaop0BwdEAcNsKPp-KH5-Bd>
- GPD1-13, 15, 16 (3-20minutes each)

Course Technology

Access to PHRM 7190 teaching, communication, and assessment tools

Students will require internet access for this course. As a student, you are assigned a university email account and UMnet ID which can be claimed by going to: <https://signum.umanitoba.ca/>

Course materials can be accessed through UM Learn. To access the course via UM Learn, go to:

1. <https://universityofmanitoba.desire2learn.com/d2l/login>
2. Enter your signUM username and password.
3. Once you have logged in, click **PHRM 7190 Graduate Professional Development – PhD** under **My Courses**.

Mobile phones

Mobile phones **must** be shut off or silenced during lecture time.

It is the general University of Manitoba policy that all technology resources are to be used in a responsible, efficient, ethical and legal manner. Students can use all technology in classroom settings only for educational purposes approved by the instructor and/or the University of Manitoba Disability Services. Students should not participate in personal direct electronic messaging/posting activities (e-mail, texting, video or voice chat), wikis, blogs, social networking (e.g. Facebook), online and offline “gaming” during scheduled class time.

Artificial Intelligence (AI) tools

Generative Artificial Intelligence (genAI) technology, such as ChatGPT, GPT-4, DALL-E, and Midjourney, can create text, computer code, and/or images using minimal human prompting, using a variety of algorithms. Thousands of applications have incorporated genAI and these are readily available for free or via paid subscription.

In PHRM 7190, students are permitted to make use of technology, including generative artificial intelligence (genAI) tools to contribute to their understanding of course materials. Students may not use artificial intelligence tools for completing course assignments. However, these tools may be useful when gathering information from across sources and assimilating it for understanding.

In any case where genAI is used for an assignment, students must submit, as an appendix with their assignments, any content produced by an artificial intelligence tool, and the prompt used to generate the content. Any content produced by an artificial intelligence tool must be cited appropriately. Note: many organizations that publish standard citation formats are now providing information on citing generative AI (e.g., APA 7: <https://apastyle.apa.org/blog/how-to-cite-chatgpt>).

The knowing use of genAI tools, including ChatGPT and other AI writing and coding assistants, for the completion of, or to support the completion of, an examination, term test, assignment, or any other form of academic assessment, may be considered as academic misconduct in this course. Representing as one’s own an idea, or expression of an idea, that was AI-generated may be considered academic misconduct in this course.

Class Communication

The University of Manitoba requires all students to activate an official university email account. All communications between instructors and students must comply with the Electronic Communication with Students Policy. For full details, please visit:

http://umanitoba.ca/admin/governance/governing_documents/community/electronic_communication_with_students_policy.html.

Please note that all communication between the course coordinator, instructors, and students must comply with the electronic communication with student policy. Students are required to obtain and use their UM email account for all communication between themselves and the university.

Plagiarism and Using Copyrighted Material

Please respect copyright. Plagiarism or any other form of cheating in assignments or examinations is subject to **serious academic penalty** as per the University of Manitoba policy on academic integrity. All students are expected to review the General Academic Regulations within the Academic Calendar and specifically read Section 8 of the [General Academic Regulations and Requirements on academic integrity](#).

We will use copyrighted content in this course and have ensured that the content we use is appropriately acknowledged and is copied in accordance with copyright laws and University guidelines. Copyrighted works, including those created by the instructors, are made available for private study and research must not be distributed in any format without permission. Do not upload copyrighted works to a learning management system (such as UM Learn), or any website, unless an exception to the *Copyright Act* applies or written permission has been confirmed. For more information, see the University's Copyright Office website at: <http://umanitoba.ca/copyright/> or contact um_copyright@umanitoba.ca.

Recording Class Lectures

Students need to obtain the instructor's permission before recording a lecture. If approval is granted, the recording made is strictly for the student's personal use, and not to be distributed through any means. Course materials (both paper and digital) are for the participant's private study and research only.

Course Evaluation Methods

The final grade for the course will be based on the following items weighted as indicated:

Assignment #1: myIDP exercise and reflection	25%	Sept 23, 2026
Assignment #2: Interview an Academic faculty member (choice of presentation or written article**)	25%	Oct 28, 2026
Assignment #3: Interview a PhD Alum (choice of presentation or written article**)	25%	Dec 9, 2026
Participation***:	25%	
Total:	100%	

** Students are provided a choice of formats for Assignment #2 and #3 (presentation or written article), however one of each format must be completed within the course.

*** Participation will be evaluated based on engagement in in-class discussions, group work, and/or online course message board

Separate detailed instructions will be provided for each assignment on UM Learn. All written assignments must be typed, and electronic copies submitted to UM Learn. Late assignments will not be accepted for grading.

Grading

Total Percentage (%) Achieved	Letter Grade
89.5 – 100	A+
79.5 – 89.4	A
77.5 – 79.4	B+
69.5 – 77.4	B
64.5 – 69.4	C+
59.5 – 64.4	C
49.5 – 59.4	D
49.4 or below	F

Assignment grading times

The course coordinator will strive for grades to be returned to students within 2 weeks 3of the assignment due date.

Voluntary Withdrawal

Students should refer to the Registrar's Office web page for more information concerning i) the last day to drop the class and receive 100% refund; and, ii) the last day to withdraw with no refund. Students who did not drop the course by the deadline would be assigned a final grade. Withdrawal courses will be recorded on official transcript. If a student is considering a voluntary withdrawal, they are encouraged to first contact the course coordinator to discuss students' progress and strategies for improvement prior to the withdrawal date.

For the Fall 2026 term the voluntary withdrawal date is November 24, 2026.

Expectations

We Expect You To –

We will treat students with respect and reciprocal courtesy is expected. Please see the [Respectful Work and Learning Environment Policy](#) to understand what this means. Specifically, we emphasize:

- You should ask questions during lecture but please do not interrupt or monopolize the discussion; it is important to allow all students the opportunity to participate.
- Regular attendance and active participation are expected.
- Students disregarding these principles will be asked to leave the lecture, and appropriate follow-up will be taken.

We expect students to adhere to the academic integrity guidelines and principles set forth by the University of Manitoba. Please see: <http://umanitoba.ca/academicintegrity/> . Please remember:

- Unless otherwise stated, complete your assignments by yourself with no help from your peers, family members, or unapproved tutors. If you need help with course work, please contact the instructor immediately for arranging appropriate supports.
- Do not share course materials that have been created by the instructor (course notes, etc) or were authored by another person. Unpermitted sharing of such materials with your peers or note-sharing platforms (Chegg or other similar websites) is a violation of Copyright Law.
- Group members must ensure that a group project adheres to the principles of academic integrity and are jointly responsible to verify that assignment guidelines were followed, and that all source material has been properly cited.
- Do not submit assignments that were already graded in another course.

Instructor Evaluative Feedback: Periodically, you will be asked to anonymously evaluate your instructors and the content of their sessions. This provides the instructors with valuable information and is very much appreciated. If you feel that improvements are needed, please remember that professionalism is important. Providing constructive criticism and thoughtful suggestions is one of the most effective ways to induce positive change. This will also be an essential skill in the workplace.

You Can Expect Us To –

The session leaders will use a variety of learning resources. These may include slides, notes, assigned and supplemental readings, links to instructive videos, etc. These resources will be posted to the **PHRM 7190 Graduate Professional Development – PhD** course page, which can be found in UM Learn. It is strongly recommended that students review each lecture and associated materials prior to attending class. In some cases, certain learning resources will not be posted. This is at the discretion of the session leader for reasons such as copyright law, enhancement of class discussions, etc.

Please do not hesitate to contact the course coordinator or a session instructor if you have any questions or comments about the course. A quick question and answer can often save a lot of work. We are here to help you.

University Support, Resources and Policies

All course questions should be directed to the course coordinator and session lecture material questions to the instructor for that session. See *Instructors Contact Information*.

Academic Integrity: You are expected to view the General Academic Regulation section within the Academic Calendar and specifically read the Academic Integrity regulation. Consult the course syllabus or ask your instructor for additional information about demonstrating academic integrity in your academic work. Visit the Academic Integrity Site for tools and support <http://umanitoba.ca/academicintegrity/>. View the Student Academic Misconduct procedure for more information.

- [Student Resources](https://umanitoba.ca/student-supports/academic-supports/academic-integrity#resources-to-conduct-academic-work-with-integrity) (https://umanitoba.ca/student-supports/academic-supports/academic-integrity#resources-to-conduct-academic-work-with-integrity)
- [Academic Misconduct and How to Avoid It](https://umanitoba.ca/student-supports/academic-supports/academic-integrity#academic-misconduct-and-how-to-avoid-it) (https://umanitoba.ca/student-supports/academic-supports/academic-integrity#academic-misconduct-and-how-to-avoid-it)

Respectful Work and Learning Environment: The University is committed to a respectful work and learning environment. You have the right to be treated with respect and you are expected conduct yourself in an appropriate respectful manner.

Anti-Racism and Social Justice Statement

Building on the 2011 *University of Manitoba Statement of Apology and Reconciliation to Indian Residential School Survivors*, the Rady Faculty of Health Sciences wholly accepts the Principles of Reconciliation outlined in the TRC. In August 2020 the Rady Faculty Executive Council approved the Disruption of All Forms of Racism Policy, the first of its kind in the country. In January 2022 the University of Manitoba became a signatory to the Scarborough Charter on Anti-Black Racism and Black Inclusion in Canadian Higher Education.

In light of the fact that the health sciences represent multidisciplinary fields which bring together faculty, instructors, staff, and learners from a wide range of social backgrounds, experiences, and ways of learning, this anti-racism statement affirms our commitment to these meaningful initiatives. The Department of Pharmacology and Therapeutics shares the Rady Faculty's commitment to foster learning and work environments that fully respect Indigenous, Black, and racialized minority peoples' right to freedom from racism, racial discrimination, racial harassment, and racial vilification. Everyone benefits from education and training that not only recognizes, but respects, and promotes the dignity, accessibility, and safety of racialized, trans and gender-diverse peoples, regardless of their age, income, social status, religion, ethno-linguistic, nationality, and citizenship status. Attending to the diverse needs of our UM members and community partners is essential to creating more just and substantive health equity for all by fostering excellence in scholarship, practice, and health outcomes.

We all have a role and responsibility to actively engage in anti-racist practice(s) and social justice measures that are integrative, collaborative, and sustainable.

Your participation is essential to not only learn, lead, and serve in an increasingly diverse society, it is foundational to cultivating and promoting a community of engagement and accountability that challenges oppression and the structural and procedural inequalities that exist.

This statement speaks to the urgency and necessity of working together to create spaces and enrich programs in which we are all provided opportunities to meaningfully contribute and participate so that we can all flourish and reach our potential.

Policy websites:**University Governance –**

http://umanitoba.ca/admin/governance/governing_documents/community/230.html

Student Discipline –

http://umanitoba.ca/admin/governance/governing_documents/students/student_discipline.html

Violent or Threatening Behaviour –

http://umanitoba.ca/admin/governance/governing_documents/community/669.html

Your rights and responsibilities: As a student you have rights and responsibilities. It is important for you to know what you can expect from the University as a student and to understand what the University expects from you. Become familiar with the policies and procedures of the University and the regulations that are specific to your faculty, college or school.

The [Academic Calendar](#) is one important source of information. View the sections University Policies and Procedures and General Academic Regulations. If you have questions about your grades, talk to your instructor. There is a process for term work and final grade appeals. Note that you have the right to access

your final examination scripts. See the [Registrar's Office website](#) for more information including appeal deadline dates and the appeal form.

Contact [Student Advocacy](#) if you want to know more about your rights and responsibilities as a student, have questions about policies and procedures, and/or want support in dealing with academic or discipline concerns. Location: 520 University Centre, 204-474-7423, student_advocacy@umanitoba.ca.

UM Learner Supports

Below you will find a select list of important supports for learners at the UM, both academic supports and otherwise. For a complete listing of all learner supports at the University of Manitoba, visit the [Everything You Need to Thrive](#) (<https://umanitoba.ca/student-supports>) website.

Academic Advising: Contact an [Academic Advisor](#) (<https://umanitoba.ca/student-supports/academic-supports/academic-advising>) for support with degree planning and questions about your academic program and regulations.

Writing and Learning Support: The [Academic Learning Centre \(ALC\)](#) offers services that may be helpful to you throughout your academic program. Students are invited to access the resources available on the ALC web page, make an appointment with a writing or study skills tutor, and/or attend workshops in order to further develop academic strengths and skills in writing, learning and research. These services are free for U of M students. Location: 201 Tier Building, 204-480-1481.

Register for an [Academic Success Workshop](#) (<https://umanitoba.ca/student-supports/academic-supports/academic-learning/academic-success-workshops>), where you can learn strategies to improve your writing and studying. More information on topics, dates, and registration, are found online.

Register for [Faculty of Graduate Studies Grad Steps Workshops](#) (<https://umanitoba.ca/graduate-studies/student-experience/graduate-student-workshops>). These workshops are specifically designed for students working towards **Master's degrees or PhDs**. More information on topics, dates, and registration can be found online.

Access the Academic Learning Centre's collection of [videos and tip sheets](#) (<https://umanitoba.ca/student-supports/academic-supports/academic-learning#tip-sheets-for-writing-and-study-skills>) to help you with many of the academic tasks you'll encounter in university.

Student Accessibility Services (SAS): If you are a student with a disability, please contact SAS for academic accommodation supports and services such as note-taking, interpreting, assistive technology and exam accommodations. Students who have, or think they may have, a disability (e.g. mental illness, learning, medical, hearing, injury-related, visual) are invited to contact SAS to arrange a confidential consultation. Located at 520 University Centre, 204-474-7423, Student_accessibility@umanitoba.ca. <http://umanitoba.ca/student/saa/accessibility/>

English Language Centre: The [English Language Centre \(ELC\)](#) (<https://umanitoba.ca/english-language-centre>) provides courses, tests, accommodations and individual support to students whose first language is not English in order to support academic success and participation in the University of Manitoba community.

Health and Wellness: Physical, mental, emotional, and spiritual health and wellness play a critical role in student success. See all of UM's resource on their [Health and Wellness](https://umanitoba.ca/student-supports/student-health-and-wellness) (<https://umanitoba.ca/student-supports/student-health-and-wellness>) website, and make note of several specific UM and community supports listed below. Contact our [Health and Wellness Educator](#) if you are interested in information on a broad range of health topics, including physical and mental health concerns, alcohol and substance use harms, and sexual assault. Health and Wellness Educator, Katie.Kutryk@umanitoba.ca, 469 University Centre, (204) 295-9032.

Live Well @ UofM: For comprehensive information about the full range of health and wellness resources available on campus, visit the [Live Well](#) website. For 24/7 **mental health support**, contact the **Mobile Crisis Service** at 204-940-1781.

Student Counselling Centre (SCC): Contact [SCC](#) if you are concerned about any aspect of your mental health, including anxiety, stress, or depression, or for help with relationships or other life concerns. SCC offers crisis services as well as individual, couple, and group counselling. Student Counselling Centre, 474 University Centre or S207 Medical Services, (204) 474-8592. Visit the SCC's [For Urgent Help](https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc#for-urgent-help) (<https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc#for-urgent-help>) webpage or the urgent care resources listed above if you require immediate support.

Student Support Case Management (SSCM): Contact the [Student Support Case Management](#) team if you are concerned about yourself or another student and don't know where to turn. SSCM helps connect students with on and off campus resources, provides safety planning, and offers other supports, including consultation, educational workshops, and referral to the STATIS threat assessment team. Student Support Intake Assistant, 520 University Centre, (204) 474-7423.

University Health Service: Contact [University Health Service](#) (UHS) for any medical concerns, including mental health problems. UHS offers a full range of medical services to students, including psychiatric consultation. There are two health clinics:

- Fort Garry Campus: (204) 474-8411, ACW-Lot temporary trailer (behind the Isbister building)
- Bannatyne Campus: (204) 474-8411, P309 – Pathology Building

Student Services at Bannatyne Campus: Student Services at Bannatyne Campus (SSBC) offers a full range of mental health supports to students and residents in the Rady Faculty of Health Sciences, along with other academic and personal supports. Visit the [SSBC website](https://umanitoba.ca/student-supports/student-services-bannatyne-campus) (<https://umanitoba.ca/student-supports/student-services-bannatyne-campus>) for a list of services available.

Winnipeg Urgent Physical and Mental Health Care: If you are an adult experiencing a mental health or psychosocial crisis, contact the [Klinik Community Health](https://klinik.mb.ca/crisis-support/) (<https://klinik.mb.ca/crisis-support/>) 24/7 crisis line at 204-786-8686, visit the [Crisis Response Centre](https://sharedhealthmb.ca/services/mental-health/crisis-response-centre/) (<https://sharedhealthmb.ca/services/mental-health/crisis-response-centre/>) located at 817 Bannatyne Avenue, or contact the Mobile Crisis Service at 204-940-1781.

To speak with a nurse for guidance on what health-care path to take for the issue you are facing or for general information about health resources available in Manitoba, contact [Health Links](https://misericordia.mb.ca/programs/phcc/health-links-info-sante/) (<https://misericordia.mb.ca/programs/phcc/health-links-info-sante/>) at 1-888-315-9257 (toll free).

If you need urgent medical care, visit the Winnipeg Regional Health Authority's [Emergency Department & Urgent Care Wait Times](https://wrha.mb.ca/wait-times/) webpage (<https://wrha.mb.ca/wait-times/>) for a list of locations and current wait times.

2SLGBTQIA+ Community: Find your queer community on campus! UM is committed to being an inclusive and welcoming space for all 2SLGBTQ+ students, staff and faculty. Visit the [2SLGBTQ+ Community](https://umanitoba.ca/2slgbtq-community) (<https://umanitoba.ca/2slgbtq-community>) website to access services, find resources, and connect with like-minded people and allies.

Indigenous Students: Staff, faculty and Elders are well-equipped to ensure your university experience is as beneficial, accessible, and successful as possible. Visit the Indigenous [Student Experience](https://umanitoba.ca/indigenous/student-experience) (<https://umanitoba.ca/indigenous/student-experience>) website for more information on the supports and services available.

International Students: The transition to a new country and a new academic system can be both exciting and overwhelming. The International Centre (IC) is here to help you settle into life at University of Manitoba. Visit the [International Students](https://umanitoba.ca/current-students/international) website for more information (<https://umanitoba.ca/current-students/international>).

Sexual Violence Support and Education: Sexual violence affects people of all ages, sexual orientations, genders, gender identities, abilities and relationship statuses. At the U of M, we are committed to ensuring a respectful work and learning environment for all. We want to build a safe and inclusive campus community where survivors of sexual violence know they can receive the supports they need to succeed, both academically and personally.

If you experience **sexual assault** or know a member of the University community who has, it is important to know there is a policy that provides information about the supports available to those who disclose and outlines a process for reporting.

The Sexual Assault policy may be found at:

http://umanitoba.ca/admin/governance/governing_documents/community/230.html

More information and resources can be found by reviewing the sexual assault site:

<http://umanitoba.ca/student/sexual-assault/>

Basic Needs: It can be difficult to learn and succeed in courses when you are struggling to meet your or your family's basic needs. Several UM and community resources are listed below if you would benefit from support with regards to housing, food, finances, and/or childcare:

- *Housing*
 - [UM Housing](https://umanitoba.ca/housing) (<https://umanitoba.ca/housing>)
 - [Winnipeg Rental Network](https://www.winnipegrentnet.ca/) (<https://www.winnipegrentnet.ca/>)
 - [Manitoba Residential Tenancies Branch](https://www.gov.mb.ca/cca/rtb/) (<https://www.gov.mb.ca/cca/rtb/>)
 - [HOPE End Homelessness Winnipeg Services & Supports](https://umanitoba.ca/housing) (<https://umanitoba.ca/housing>)
- *Food*
 - [U of M Food Bank](https://umanitoba.ca/financial-aid-and-awards/u-m-food-bank) (<https://umanitoba.ca/financial-aid-and-awards/u-m-food-bank>)
 - [Food Matters Manitoba](https://foodmattersmanitoba.ca/find-emergency-food-in-winnipeg/) (<https://foodmattersmanitoba.ca/find-emergency-food-in-winnipeg/>)

- *Finances*
 - [UM Financial Aid and Awards](https://umanitoba.ca/financial-aid-and-awards) (<https://umanitoba.ca/financial-aid-and-awards>)
 - [Manitoba Student Aid](https://www.edu.gov.mb.ca/msa/) (<https://www.edu.gov.mb.ca/msa/>)
- *Child Care*
 - [UM Child Care](https://umanitoba.ca/about-um/child-care) (<https://umanitoba.ca/about-um/child-care>)
 - [Manitoba Child Care Subsidy](https://bit.ly/3yG3ijy) (<https://bit.ly/3yG3ijy>)
 - [Manitoba Child Care Association](https://mccahouse.org/looking-for-child-care/) (<https://mccahouse.org/looking-for-child-care/>)