

In partnership with Canadian universities, hospitals and research centres, we inform and excite Canada's youth about the wide variety of career options in medicine and health care. By connecting high school students to world-class researchers and clinicians in real life settings, we are helping to build our future health workforce.

2023 EVENTS


313 Interactive Workshops	661 Health professionals (keynote speakers, workshop presenters, career panelists)	
157 Volunteers	2,792 Students	7% Indigenous 20% French 36% Rural
575 Schools	215 Teachers	16 Events

We value student feedback!

99% would recommend Discovery Days to another student or teacher	99% felt the career panel was valuable
91% felt the event exceeded or fully met their expectations	93% reported feeling equally or more certain about pursuing a career in health sciences than when they arrived
98% rated their interactive workshops valuable	97% reported being equally or more knowledgeable about a career in the health sciences

“ I promote this event at my school because it is so valuable! It is a rare opportunity for high school students to get to go to a university campus, meet students at various stages along their educational path, meet professionals in their careers, and experience many different medical situations. It is especially valuable for rural students to have these opportunities. ”

Student, Western University Discovery Day




Discovery Day
Western University

Discovery Days began with a large dose of inspiration from world-class keynote speakers ...

 <p style="font-size: 0.8em; margin: 0;">Discovery Days North - Central Canada - March 8</p> <p style="font-weight: bold; margin: 0;">Leilanie Clayton, MSc</p> <p style="font-size: 0.7em; margin: 0;">Instructor, University of Manitoba Max Rady College of Medicine Department of Human Anatomy and Cell Science</p> <p style="font-size: 0.7em; margin: 0;">"You Never Know What's Around the Corner"</p>	 <p style="font-size: 0.8em; margin: 0;">Université Laval - May 2</p> <p style="font-weight: bold; margin: 0;">Michel Lucas, PhD</p> <p style="font-size: 0.7em; margin: 0;">Docteur en épidémiologie, Chef cuisinier diplômé Professeur titulaire au département de médecine sociale et préventive Faculté de médecine de l'Université Laval</p> <p style="font-size: 0.7em; margin: 0;">« De la Gaspésie à la médecine culinaire : un voyage inattendu »</p>	 <p style="font-weight: bold; margin: 0;">THE DR. CECIL & LINDA RORABECK KEYNOTE LECTURE</p> <p style="font-size: 0.8em; margin: 0;">Western University - May 5</p> <p style="font-weight: bold; margin: 0;">Aleks Leligdowicz, MD PhD</p> <p style="font-size: 0.7em; margin: 0;">Assistant Professor, Western University Schulich School of Medicine & Dentistry Department of Medicine & Department of Microbiology and Immunology</p> <p style="font-size: 0.7em; margin: 0;">"Passion, Perseverance, Positivity: A Journey to Your Future"</p>
 <p style="font-size: 0.8em; margin: 0;">Université d'Ottawa - May 10</p> <p style="font-weight: bold; margin: 0;">Daniel Figeys, PhD</p> <p style="font-size: 0.7em; margin: 0;">Professeur et directeur de l'École des sciences pharmaceutiques Université d'Ottawa</p> <p style="font-size: 0.7em; margin: 0;">Faculté de médecine, biochimie, microbiologie et immunologie</p> <p style="font-size: 0.7em; margin: 0;">« Un écosystème incroyable qui façonnent votre santé »</p>	 <p style="font-size: 0.8em; margin: 0;">University of Ottawa - May 11</p> <p style="font-weight: bold; margin: 0;">Judy King, PhD</p> <p style="font-size: 0.7em; margin: 0;">Vice Dean of Interprofessional Partnerships and Practical Education Associate Professor, Ottawa University</p> <p style="font-size: 0.7em; margin: 0;">Faculty of Health Sciences, School of Rehabilitation Sciences</p> <p style="font-size: 0.7em; margin: 0;">"Critical Thinking, Creative Thinking and Compassionate Thinking- Core Interprofessional Competencies For All Health Care Professionals"</p>	 <p style="font-size: 0.8em; margin: 0;">NOSM University - May 17</p> <p style="font-weight: bold; margin: 0;">Chiachen Cheng, MD</p> <p style="font-size: 0.7em; margin: 0;">Program Director, Psychiatry NOSM University</p> <p style="font-size: 0.7em; margin: 0;">"Save a Life, Be a Game Changer"</p>
 <p style="font-weight: bold; margin: 0;">THE FACULTY OF HEALTH SCIENCES QUEEN'S UNIVERSITY KEYNOTE LECTURE</p> <p style="font-size: 0.8em; margin: 0;">Queen's University - May 18</p> <p style="font-weight: bold; margin: 0;">Rosemary Wilson, PhD</p> <p style="font-size: 0.7em; margin: 0;">Associate Professor, School of Nursing Department of Anesthesiology Queen's University Nurse Practitioner Kingston Health Sciences Centre</p> <p style="font-size: 0.7em; margin: 0;">"26 Letters"</p>	 <p style="font-size: 0.8em; margin: 0;">Memorial University of Newfoundland - May 26</p> <p style="font-weight: bold; margin: 0;">Aileen Feschuk</p> <p style="font-size: 0.7em; margin: 0;">2022 CMHF Award Recipient Memorial University of Newfoundland Faculty of Medicine</p> <p style="font-size: 0.7em; margin: 0;">"Discover Your Voice and the People Who Amplify It"</p>	 <p style="font-weight: bold; margin: 0;">THE POPULATION HEALTH RESEARCH INSTITUTE KEYNOTE LECTURE</p> <p style="font-size: 0.8em; margin: 0;">Hamilton Health Sciences at McMaster University - June 2</p> <p style="font-weight: bold; margin: 0;">Surabhi Sivaratnam</p> <p style="font-size: 0.7em; margin: 0;">2022 CMHF Award Recipient McMaster University Michael G. DeGroot School of Medicine</p> <p style="font-size: 0.7em; margin: 0;">"Finding Your Place"</p>
 <p style="font-size: 0.8em; margin: 0;">University of Calgary - October 18</p> <p style="font-weight: bold; margin: 0;">Santanna Hernandez</p> <p style="font-size: 0.7em; margin: 0;">2023 CMHF Award Recipient University of Calgary Cumming School of Medicine</p> <p style="font-size: 0.7em; margin: 0;">"There is More Than One Way to Medicine"</p>	 <p style="font-size: 0.8em; margin: 0;">BC Children's Hospital Research Institute - November 1</p> <p style="font-weight: bold; margin: 0;">Emilie Joos, MD</p> <p style="font-size: 0.7em; margin: 0;">Clinical Associate Professor and Associate Medical Director Branch for Global Surgical Care Faculty of Medicine, Department of Surgery University of British Columbia</p> <p style="font-size: 0.7em; margin: 0;">"From Humanitarian to Capacity-Building: The Journey of a Trauma Surgeon Passionate About Global Health"</p>	 <p style="font-weight: bold; margin: 0;">THE DR. D. LORNE TYRRELL KEYNOTE LECTURE</p> <p style="font-size: 0.8em; margin: 0;">University of Alberta - November 2</p> <p style="font-weight: bold; margin: 0;">Mark Haykowski, PhD</p> <p style="font-size: 0.7em; margin: 0;">Professor & Research Chair in Aging and Quality of Life Faculty of Nursing, College of Health Sciences, University of Alberta</p> <p style="font-size: 0.7em; margin: 0;">"Benefits of Exercise: Taking Care of Your Heart so Your Heart Can Take Care of You"</p>
 <p style="font-size: 0.8em; margin: 0;">Dalhousie University - November 15</p> <p style="font-weight: bold; margin: 0;">Analyssa Cardenas</p> <p style="font-size: 0.7em; margin: 0;">2023 CMHF Award Recipient Dalhousie University, Faculty of Medicine</p> <p style="font-size: 0.7em; margin: 0;">"Basketball, Bubble-Tea and Bicycling: A Winding Path to Medical School"</p>	 <p style="font-weight: bold; margin: 0;">MANITOBA CMHF LAUREATES KEYNOTE LECTURE</p> <p style="font-size: 0.8em; margin: 0;">University of Manitoba - November 9</p> <p style="font-weight: bold; margin: 0;">Sheila Peters, MD</p> <p style="font-size: 0.7em; margin: 0;">Primary Care Advisor Keewatinohk Inniniw Minoayawin (KIM) & University of Manitoba Medicine Class of 1993</p> <p style="font-size: 0.7em; margin: 0;">"You Are the Medicine"</p>	 <p style="font-size: 0.8em; margin: 0;">The Neuro at McGill University - December 1</p> <p style="font-weight: bold; margin: 0;">Sara Abdessamie</p> <p style="font-size: 0.7em; margin: 0;">2023 CMHF Award Recipient McGill University, Faculty of Medicine and Health Sciences</p> <p style="font-size: 0.7em; margin: 0;">"The Importance of Accessibility in Healthcare"</p>
 <p style="font-size: 0.8em; margin: 0;">Université Laval - December 8</p> <p style="font-weight: bold; margin: 0;">Anne Marie Pinard, MD</p> <p style="font-size: 0.7em; margin: 0;">Anesthésiologiste en douleur chronique et Professeure titulaire Département d'anesthésiologie et de soins intensifs, Université Laval</p> <p style="font-size: 0.7em; margin: 0;">« D'un rêve de petite fille à la clinique de la douleur: parcours sinueux et créatif d'une passionnée »</p>	 <p style="font-size: 0.7em; margin: 0;">Discovery Days (left to right) University of Ottawa University of Manitoba</p>	

“ I absolutely loved my experience at Discovery Day! I learned so many great things and got more information that will help me achieve my goal of being an MD! It highly exceeded my expectation, and I will hopefully be able to come back next year! ”

Student, The Neuro and McGill University Discovery Day



Discovery Days
(top to bottom)
Dalhousie University
University of Calgary
McGill University
Hamilton Health Sciences-McMaster University

Thank you to our partners for investing in this important and growing initiative. Together, we are preparing today's youth to be our health leaders and researchers of tomorrow.

PRESENTED BY



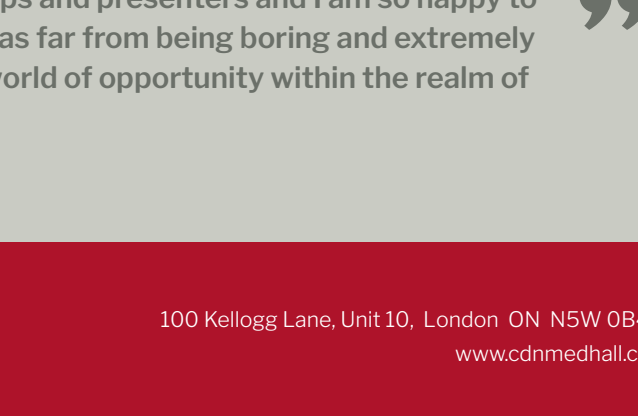
- Alberta Medical Association and Canadian Medical Foundation
- BC Children's Hospital Research Institute
- Cheryl Rockman-Greenberg, MDCM (2018 CMHF Laureate)
- D. Lorne Tyrrell, MD PhD (2011 CMHF Laureate)
- Dalhousie University, Faculty of Medicine
- Doctors Manitoba
- Government of Newfoundland & Labrador
- Department of Health and Community Services
- Hamilton Health Sciences Corporation
- Jeff Van Hoeve
- Joanne Douglas, MD
- Kiwanis Club of Ottawa
- Lerners LLP
- Linda Rorabeck and Cecil Rorabeck, MD
- Manitoba Healthcare Providers Network - Shared Health
- McGill University, Faculty of Medicine and Health Sciences
- Memorial University of Newfoundland, Faculty of Medicine
- Mercedes Kuroski de Bold, PhD
- Noralou Roos, PhD (2022 CMHF Laureate)
- NOSM University
- Ongomiizwin - Indigenous Institute of Health and Healing
- Perimeter Aviation
- Population Research Institute
- Queen's University, Faculty of Health Sciences
- Rémi Quirion, PhD (2019 CMHF Laureate)
- Roche Diagnostics Canada
- Santé en français
- The Hamber Foundation
- The Neuro (Montreal Neurological Institute-Hospital)
- Trottier Family Foundation
- Université Laval, Faculté de médecine
- University of Alberta, College of Health Sciences
- University of Calgary, Cumming School of Medicine
- University of Manitoba, Rady Faculty of Health Sciences
- Western University, Schulich School of Medicine & Dentistry

UNIVERSITY OF OTTAWA
LOCAL EVENT CHAMPION



“ I did not know what to expect from all the workshops and presenters and I am so happy to say that I had an amazing time. The entire event was far from being boring and extremely informative. This event has opened my eyes to a world of opportunity within the realm of health sciences and I could not be happier. ”

Student, University of Manitoba Discovery Day



Discovery Days
(top to bottom)
Dalhousie University
University of Calgary
McGill University
Hamilton Health Sciences-McMaster University