

1. Project Pad-DIY (Project Pad-DIY)

Pad-DIY is a student-led initiative based in Quebec that empowers medical students to build their own silicone suturing pads through hands-on workshops. Designed to be realistic, durable, and inclusive, these models allow students to continue practicing clinical skills at home while experiencing an engaging, collaborative learning environment. Already implemented across all Quebec medical faculties and even in New-Brunswick, the project has produced over 150 pads and is expanding with plans to grow into other medical programs across Canada.



2. Med Explorers Missions / Missions Med Explorateurs

Med Explorers Missions is a bilingual, student-led initiative at the Montreal Children’s Hospital that transforms the fear of surgery into an explorer mission for children under 12. In collaboration with the Colorectal Centre of Excellence (COCOE), we are creating a child and caregiver-oriented booklet and, ultimately, a digital app/web platform that turn each step of surgery into an engaging narrative adventure. These tools directly aim to reduce preoperative anxiety through characters, missions, and visual “hospital maps” that chart each stage of care and can be adapted across pediatric surgical specialties. Guided by Nova, their customizable star-explorer, children discover what to expect at each step, the various healthcare providers they will meet, and how courageous they already are. Ultimately, Med Explorers Missions helps children feel informed, empowered, and like brave and active participants in their own care.

3. OrthoPath

This is the first AI-powered virtual orthopaedic clinic designed specifically for medical students, offering peer-reviewed clinical vignettes developed in collaboration with the University of Toronto. Recognizing the well-documented gap in musculoskeletal and orthopaedic education within undergraduate medical curricula, this initiative leverages artificial intelligence to deliver high-yield, specialty-curated case-based learning at scale.



Instagram: @Ortho.Path

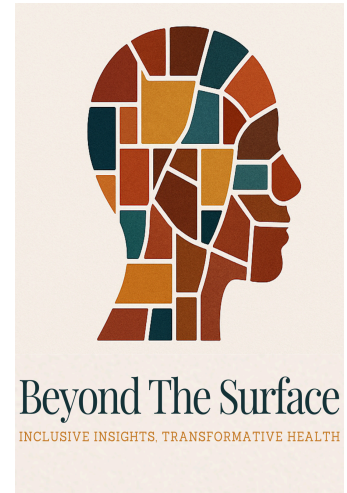
4. Kids Health Shelf



Kids’ Health Shelf is dedicated to promoting diversity, inclusion, and health education through accessible children’s books that empower young readers, reflect diverse lived experiences, and foster compassion, understanding, and belonging in every community.

5. Beyond the Surface

Beyond the Surface is a student-led Equity, Diversity, and Inclusion (EDI) initiative founded by Josheil Boparai and Jessica Canning at Memorial University. Their flagship project is a monthly educational newsletter that explores how social, cultural, and biological factors intersect to shape health outcomes, disease presentation, and access to care. Through this work, Beyond the Surface seeks to promote awareness, encourage cultural competence, and foster inclusivity within the medical field, preparing medical students to provide better care to the diverse populations they will serve.



6. Storytelling for Sun Safety

Storytelling for Sun Safety is a project developed by six medical students from the University of Ottawa, part of the non-profit organization, UV&Me Canada. With chapters established in 12 medical schools nationwide, UV&Me delivers interactive dermatologist-approved bilingual presentations on sun safety, notably to raise awareness on and promote evidence-based sun-safe practices to prevent skin cancer. To date, UV&Me Canada has empowered nearly 4,000 elementary and high school students with this crucial health knowledge.

Storytelling for Sun Safety, a new initiative of the UV&Me Ottawa Chapter, involves the creation of a children's storybook incorporating important teachings from our sun safety presentations. This book is intended to be read by early school-age children alongside their family members.

In large part thanks to the Student Initiative Grant, copies of our book will be distributed for free to elementary schools and libraries in close collaboration with all UV&Me Canada chapters, thereby reaching Canadian children across the provinces in which UV&Me is established.

With skin cancer being the most common type of cancer, we hope that this initiative will increase sun-safe practices among children and decrease the incidence of preventable skin cancers over decades to come.

We invite you to check out the links below for more information about us!

<https://www.instagram.com/uvandme.ottawa/>

https://www.uottawa.ca/faculty-medicine/news-all/student-led-initiative-sun-safety-making-waves-across-canada?fbclid=IwY2xjawRhlQ1leHRuA2FlbQIxMQBzcnRjBmFwcF9pZA80Mzc2MjYzMTY5NzZM3ODgAAR4dNYzC5qcRjBjOznu3TEZfkbaioardANWOZKquhOUHEZVpWd9H89V9OWW6DA_aem_zU3O7xL6qxbmK2f0WXfyww



7. Empower Health Equity Project

Empower Health Equity (EHE) is a community-based initiative led by undergraduate and medical students at the University of Toronto. The program delivers free, youth-centered health education and certified first aid training to at-risk youth across Toronto. Grounded in a dignity-first, peer-led model, EHE addresses critical gaps in health literacy, emergency preparedness, and access to preventive care knowledge among underserved populations.

Youth First Aid & Health Promotion Workshops

Empower the at-risk youth in a community initiative led by undergraduate and medical students with experience in first aid instruction, child and youth programming, and homelessness support services.

Funded by the City of Toronto, we are delivering free first aid education workshops and certified First Aid courses for at-risk youth across Toronto throughout the summer.

WHAT WE OFFER

Health Workshops
 2 hours | 15-20 youth per session. Topics options include:

- Life-Saving Knowledge:** Learn reduction strategies, signs & symptoms, and of mental distress signals.
- Emergency Management, CPR & AED:** Focus on emergency skills and resuscitation.
- Cardiac Health:** Cover the heart, how to recognize signs of a cardiac emergency, and how to help someone who is having a heart attack. Activities include pulse checks, CPR training, and practical use on medical simulators.
- STI Prevention, and Sexual Health:** Learn to negotiate for safe sex, STI, HIV, and pregnancy prevention. Includes role-play scenarios, and how to communicate boundaries in relationships.

Standard First Aid Course
 2 days | 15-20 youth per session.
 We offer a Standard First Aid Certificate, the regular Dual Course, is reserved for youth, a valuable credential for employment, school, and volunteer opportunities.

OUR VALUES

- Free of Charge:** Courses funded by the City of Toronto. All workshops and certification courses are provided at no cost to host organizations or participants.
- Life-Saving Knowledge:** Equipping youth with important first aid information & skills helps prevent injuries, reduce harm, and build lifelong awareness of first aid and safety.
- Helpful Certification:** Our First Aid course gives youth a tangible, confidence-building credential that can support future job, education, or volunteer opportunities.
- Partnership is essential:** Delivered by volunteers close to you in the youth, our workshops foster greater reliability and inspire connection to future pathways in health and community care.
- Flexible Delivery:** We'll work with you to schedule workshops between June 23 and the end of August, delivered in-person or at a location that works best for your youth.

Interested in Hosting a Workshop? Reach out at empowertheattheequity@gmail.com. We would love to work with your school or community organization.

8. Swimming with a Mission Toronto Chapter



Swimming With a Mission Toronto (SWAM) is a not-for-profit student initiative founded as a registered chapter of SWAM Canada. The initiative is led by medical students and supported by the University of Toronto. The program's mission is to provide affordable and accessible one-on-one swimming instruction to children with intellectual and developmental disabilities (IDDs). Through this programming, SWAM aims to teach life-saving swimming skills, promote physical



activity, and foster meaningful social connections within the community. SWAM operates two seasons each year and is held at the Beverley School Pool. With an expanding volunteer base that now includes medical, undergraduate, and master's students, SWAM continues to grow its reach and strengthen its impact within the community.

We invite you to learn more about our work on Instagram @swamtoronto

9. Kids2Hear McMaster



This initiative is focused on improving access to hearing care for children in Hamilton by providing free hearing screening in elementary schools within the area. Many hearing issues in children go unnoticed after infancy, especially in communities facing barriers to healthcare of communities with high immigration rates. By partnering with local schools, we hope to identify early signs of hearing loss and otoscopic abnormalities in children aged 5-9 and connect them with the

care to avoid the long-term impacts associated with hearing loss, such as impact on learning, communication, and development.

This initiative is led by medical students and is supported by Otolaryngology residents and staff at McMaster and focuses on combining hands-on screening with a broader goal of understanding health trends within the community. We hope to identify gaps in access and contribute to long-term improvements in pediatric hearing services within the region. At its core, this initiative is focused on early detection and equitable access to health care in a local community.

10. The Ottawa Immigrant Women’s Health Fair

The Ottawa Immigrant Women’s Health Fair is a community-based initiative designed to improve access to preventive health care, culturally safe health education, and service navigation for immigrant and newcomer women in Ottawa. The health fair will include a combination of educational talks, screening services, resource booths, and family-friendly programming.

11. The Clinical Reasoning Commons

This initiative aims to produce a free, open-access AI-based educational platform to support Canadian medical students in practicing clinical reasoning and professional competencies in a structured, low-stakes environment. The project is motivated by persistent gaps in medical training related to the transparency and depth of clinical reasoning, limited opportunities for communication practice, and inequitable access to high-quality supplemental learning resources.

By remaining free for Canadian medical students, the platform helps reduce disparities resulting from unequal access to paid supplemental resources and institution-specific supports. Beyond the SIG-funded phase, we plan to expand the case library, support OSCE preparation, and scale as an open educational resource for other medical training systems globally while maintaining our primary commitment to Canadian medical students.

12. MeduRounds

MeduRounds is a peer-developed, preceptor-reviewed online resource designed to support medical students for the transition to clerkship. Using AI-based simulations for case-based learning, MeduRounds presents common acute cases encountered on core rotations (e.g. abdominal pain, fatigue) and places learners in the role of a clerk. Each module provides learners with the opportunity to practice skills critical to clerkship, including focused history-taking, oral case presentation, formulation of a differential diagnosis, and development of an initial management plan. Get ready for clerkship with us and test your skills with our chest pain case here:

<https://tr.ee/ATg9fM2fG>

13. Filipino-Manitoban Health Symposium

The Filipino-Manitoban Health Symposium is a full-day event centered around Filipino health and Filipinos in the healthcare profession.

The first objective of this event is to describe the current health state of Filipino Manitobans, identify barriers faced by the community when accessing care, especially newcomers, identify diseases prevalent in the community, and how to promote culturally safe care.

The second objective of this event is to address the underrepresentation of Filipinos in Medicine and in other health programs, such as Occupational therapy, Physical Therapy, Respiratory Therapy, Physician Assistant, Dentistry, and Pharmacy.

14. STEP UP: Discover, Dream, and Do - High School Outreach Program



STEP UP (stepupkanada.ca) is a student-led, equity-focused initiative founded in 2021 that empowers students from underserved communities by improving access to mentorship, health education, and career exploration in healthcare. Through its high school outreach stream, STEP UP: Discover, Dream, and Do – High School Outreach Program delivers interactive, in-person workshops that combine post-secondary guidance, diverse medical student panels, hands-on clinical skills exposure, and open discussions that demystify pathways into medicine. By fostering meaningful connections between medical trainees and youth who often lack access to such networks, STEP UP aims to reduce barriers to healthcare careers and inspire the next generation of diverse healthcare leaders. We are very grateful for the support from the CFMS, which will enable the expansion of this high-impact

outreach by addressing key barriers such as transportation, access to training equipment and workshop supplies, and food provision, allowing STEP UP to reach more students and deepen its community impact.

15. Neurology Interest Group's Stroke Pager Program

The Neurology Interest Group at the University of Calgary is launching the Stroke Pager Program. This is a hands-on, nine-month initiative giving pre-clerkship medical students early exposure to acute stroke care. Starting with a “Stroke 101” session led by a stroke neurologist, students will gain foundational knowledge before participating in supervised, real-time stroke response experiences. This program aims to build clinical confidence, strengthen decision-making in high-acuity settings, and bridge classroom learning with real-world practice.

16. Empower HER: Higher Education Mentorship Initiative

Empower Her: Higher Education Mentorship Initiative is a free mentorship program connecting women with mentors who have already navigated university, college, or trades pathways. Our goal is to reduce barriers, build confidence, and provide practical guidance for your next steps. Founded by medical students, we are building a strong network for women in medicine seeking community and support, but we also extend beyond medicine and recruit mentors in all post secondary fields. Our mentorship program currently runs on our slack channel (available on computer or phone). In addition to one on one mentors, we also host monthly workshops and seminars spotlighting some amazing mentors or general “how to’s”.



You can find out more about us on our website at empowerherbc.ca.

17. Futures in Focus



Futures in Focus is a medical student-led outreach initiative that brings together health and vision screening and hands-on STEAM learning directly to rural Indigenous communities and schools. Planned and executed in partnership with school staff, local healthcare providers, Elders, and community leaders, Futures in Focus was created to help address barriers to routine vision care and STEAM enrichment in remote settings.

The initiative builds on a successful 2025 pilot at Elsie Fabian School in Fort McKay, Alberta, where medical trainees and supervising healthcare professionals delivered on-site screenings and interactive programming for local youth. That experience demonstrated both immediate and longer-term value: children with unmet vision and health needs were identified and connected to follow-up care, while students also engaged in workshops that made science, health, and higher education feel more exciting, accessible, and relevant. Just as importantly, the pilot showed how community-based, school-centered outreach can create meaningful professional development for medical students by strengthening their clinical skills, cultural safety, communication, and understanding of health equity in real-world settings.

With the support of CFMS's SIG, Futures in Focus will return to Fort McKay to support longitudinal care and continuity for the community, while expanding to Yaqaan Nukiy School in Creston, British Columbia. This growth reflects a broader vision of developing a sustainable, community-informed model that can support Indigenous youth. Futures in Focus aims to strengthen partnerships and serve as a scalable example for similar outreach efforts across Canada, improving access to care and opportunity in the present, but also to help build a more equitable future in health and education.

