

# PGY-Mom

An Interest Group for Physician Moms in Training at Vanderbilt



**Who are we?** PGY-Mom is a group dedicated to the unique needs and interests of physician moms in training (residency or fellowship) at Vanderbilt. Formed in 2016, we have members from a wide variety of departments and specialties. Being a mom is not a requirement for membership; we want to support those who already have children as well as those just considering having children while in training.

## What do we do?

- Quarterly meetings: Lunch meetings to discuss group activities, plan resource support, and host events such as faculty mentoring panels
- Play dates: Formal and informal playdates with other PGY-Moms
- Resources: Members have access to a PGY-Mom Box.com shared resource which includes information about maternity leave, childcare, pediatricians, and more
- Social Media: Private IG and FB groups

## Anticipated Events for 2022-2023

- Female Faculty with Children Mentoring Panel: Lunch with young female faculty with children to learn from their successes and failures
- Play Dates: Meet-ups at parks or other family-friendly places
- Ongoing: Quarterly interest group meetings on campus, spontaneous meet-ups with other moms

## How to get involved

- Email: [Rachel.apple@vumc.org](mailto:Rachel.apple@vumc.org)