PGY-Mom: A 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 graduate medical 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. Starting in the 2019-2020 academic year, PGY-Mom will be a sub-group of the Vanderbilt Housestaff Alliance (VHA), which will allow us to more formally partner with this great family-friendly organization on campus!

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 and VHA families
- Resources: Members have access to the PGY-Mom email listserv and to the PGY-Mom shared resource which includes information about maternity leave, childcare, pediatricians, and more (*These are being relocated to VHA website)
- Facebook group: Members have access to the PGY-Mom FB group (sub-page of VHA group) which can be used for asking for advice, posting potential meet-up ideas, and sharing the ups and downs of being a physician mom
- Female Faculty with Children Mentoring Panel: Lunch with young female faculty with children to learn from their successes and failures
- Childcare review committee: Our group is represented on the VUMC Childcare Review Committee and provides important feedback to the administration about childcare needs among housestaff
- Joint events with VHA – Dinners, financial planning events, wine clubs, playdates, and more

How to get involved
- Fill out this quick form to be added to our Listserv: [http://j.mp/2WQeC6k](http://j.mp/2WQeC6k)
- Questions? Email rachel.apple@vumc.org