

# Amanda Richer

My name is Amanda Richer and I graduated from the Queen's Psychiatry program in 2021. Having been born and raised in a small town in Northern Ontario, I never thought that I would end up at Queen's and choose Kingston as my forever home.

I completed my medical training at NOSM, and have always lived in Northern Ontario. When it was time to apply for residency training, I felt that I had to leave the North in order to truly decide on whether or not I wanted to be there forever. I applied to programs all over Canada and visited some pretty neat cities during the CARMS tour. Applying to Queen's was a last minute decision for me, as I didn't know much about Kingston. But when I visited for the interview, even in the dead of winter, I was very drawn by it. The waterfront, the parks, and the many restaurants. One of the most common phrases I heard during this interview weekend was "Kingston has the largest number of restaurants per capita". And I LOVE THAT! (My personal favorites are Tango Nuevo and Maya). Kingston is not a large city, but it is conveniently located near other large cities. The program director joked that "its suburbs are Montreal, Toronto and Ottawa".

What really solidified my choice to come here is the warm welcome I received from residents and staff. I still remember the time a resident approached the program director immediately after a relationship breakup. The director immediately arranged to swap the resident's call shift out. Not only that, but she opened the fridge in her office, produced a cake, and shared it with the resident as they talked. That story will always stick with me. The program here is like a family. I found my home here. I am now in my second year of practice and have no regrets about my decision. If you are considering residency at Queen's, I hope you consider joining our family!

*Dr. Amanda Richer*

Queen's 2021 Graduate