



Dalla Lana
School of Public Health

PHS Alumni–Student Mentorship Program 2026

Overview for Prospective Mentors

What is the Mentorship Program?

A 9-month program (February–November) that has been matching first-year PHS students with PHS alumni who work in the field of public health since 2013.

Through monthly virtual mentor–mentee meet-ups, mentors provide advice and guidance in many ways.

Career Advice

Share about public health careers that align with mentee goals and interests.

Navigating Studies

Give advice on how to navigate the program at DLSPH and kickstart a career in public health.

Day in the Life

Provide insight on the day-to-day of a job in public health and the impact alumni in the field.

Networking

Expand your mentee's network to include working professionals in their area of interest.

Mentor Workplaces

Mentors work across several sectors, including Government and Non-Profit, Academia & Research, and Private Sector & Innovation

- AdvantAge Ontario
- Alberta Health
- Bayshore Healthcare
- Boston College
- Canadian Institute of Health Research
- Dalhousie University
- Canadian Partnership Against Cancer
- Children's Mental Health Ontario
- Canadian Institute for Health Information
- Canadian Foundation for Healthcare Improvement
- Harvard T.H Chan School of Public Health
- Health Canada
- Ontario Medical Association
- Ontario Health
- Ontario Ministry of Health
- Pennsylvania State University
- Public Health Agency of Canada
- Public Health Ontario
- Public Services Health & Safety Association
- Toronto Public Health
- University of Calgary
- University of Saskatchewan
- University Health Network
- Yale School of Public Health

Mentorship Timeline

**Jan
2026**

**Feb
2026**

**Mar
2026**

**June
2026**

**Nov
2026**

**Applications
Due**

**Matches
Announced**

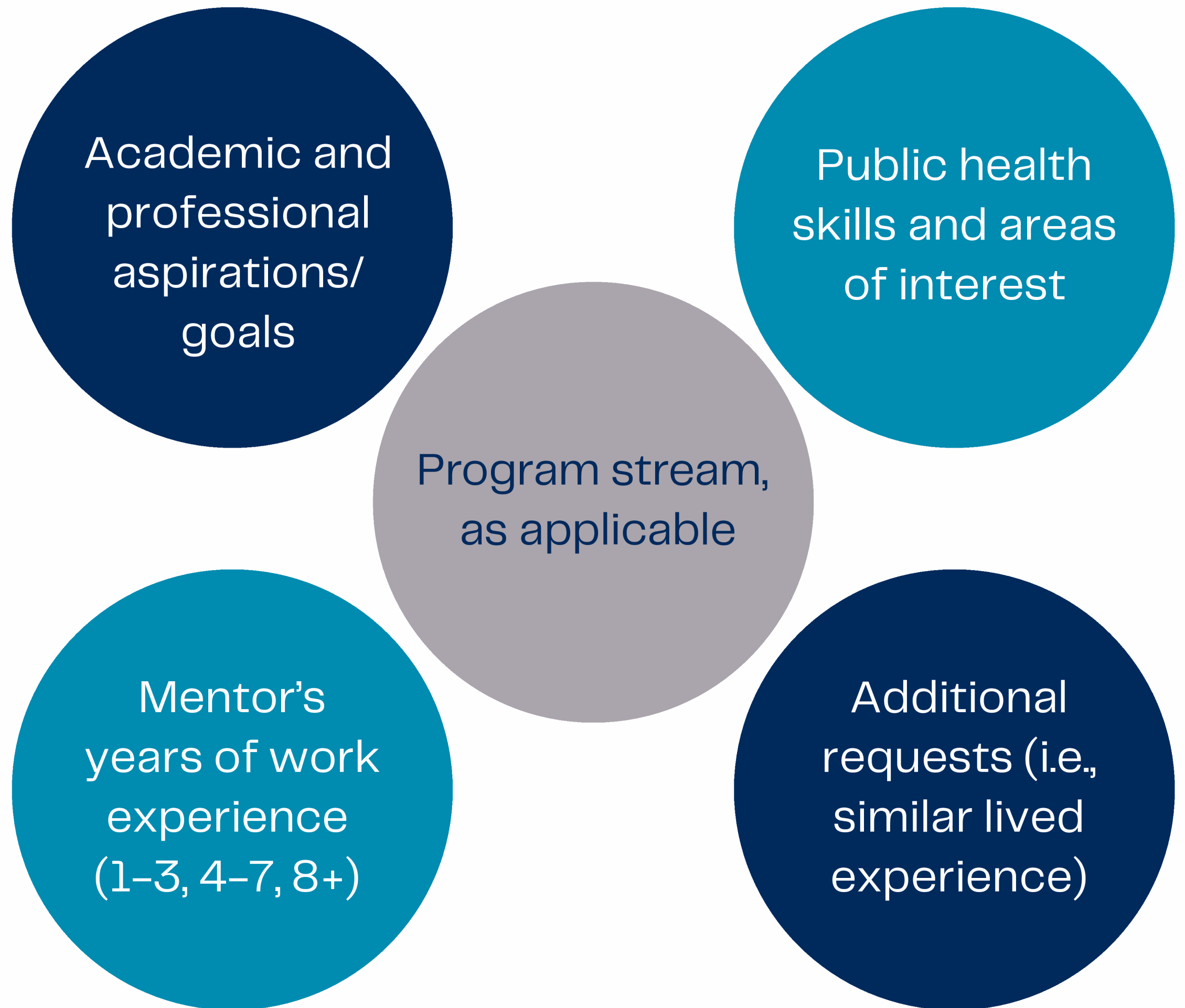
**Launch
Event**

**Spring
Event**

**Wrap
Event**

Matching Process

The co-leads of the program review all mentor and mentee applications and create student–alumni pairs based on the following criteria indicated within the application:



Is the mentorship program right for me?

Time requirements

- Complete a mentor application due in January 2026
- Monthly virtual meetings with your mentee between April and November 2026
- Two quick email check ins with the program coordinators
- Three virtual events where you can further expand your network (optional, but encouraged!)

Motivators

- Support the next generation of public health professionals
- Connect with other mentors/fellow alum
- Stay engaged with DLSPH and enhance your network

Outstanding Mentor Award

Every year, mentees are invited to nominate their mentors for the annual Outstanding Mentor Award. One mentor is recognized each year at the Program Wrap Event in November.

Check out the most recent five winners below!

2025	Alyssa Kelly
2024	Kristina McDavid
2023	Rebecca Ling
2022	Emily James
2021	Clement Ma

Dean's Alumni Cocktail Reception

While not part of the mentorship program, alumni are encouraged to join us at the annual Dean's Alumni Cocktail Reception, which takes place during U of T's Alumni Reunion (generally end of May/early June).

Connect in person with other mentors, DLSPH alumni, faculty and staff!





Next steps

Apply online by Monday, January 19, 2026 at 11:59 pm

<https://uoft.me/phsmentor>

Reach out anytime!



Students

Sarah Ko

Practicum and Professional
Development Officer

sarah.ko@utoronto.ca



Alumni

Daniel Downey

Alumni Engagement &
Annual Giving Officer

daniel.downey@utoronto.ca