



This is an exciting and challenging time. Let us help you over the hurdle. We offer a fun and welcoming social support group for you and your family.

WHAT WE ARE

The Strong House Staff Association (SHA) was formed in 1995 to provide a network of friendship and support to its members through a range of adult and child-centered activities and programs. The members, many of whom have relocated to Rochester, share similar concerns of making friends, learning about the area, and/or getting out with young children.

OUR GOAL

Our goal is simple: to be a circle of friends to our new and current members. We are a community that welcomes new members with open arms and warm hearts. Through our many activities we provide a way for members to make new friends and have fun.



OUR MEMBERS

While SHA was originally designed for spouses and partners of residents, many different people are welcome to join the group and participate in the activities that are offered. The following groups are eligible for membership:

- Medical students, residents, fellows, or attending physicians at Strong Memorial Hospital/University of Rochester Medical Center
- Spouses or partners of the above



- Any other persons affiliated with Strong/ U of R who petition the Executive Board of Membership

ACTIVITIES

SHA strives to provide a variety of programming, including activities for children, families, and adults. With the energy and involvement of our members, we are able to schedule an average of 2-4 activities a week. Some of these activities include:

- Play Groups
- Family Parties
- Couples Nights
- Coffee Nights
- Book Club
- Volunteer Opportunities/Charity Work



Stroll for Strong

The individual activities are limited only by the interest and creativity of our members. We encourage ALL members to help make this group what they want it to be!

Member support is also very important to SHA. We provide support during these stressful/busy times in a number of ways. From cooking meals for the family with a newborn, to running errands, sitting, or just being an open ear for thoughts and concerns; we have proven to be very successful in helping out our members.

**The Strong House Staff Association gratefully
 acknowledges the generous, ongoing support of the
 Graduate Medical Education Office of Strong
 Memorial Hospital.
 Thank You!**

SHA New Membership Form

SHA Membership Form

Please fill out completely

Joining Member's Name: _____

Current Address (if not in Rochester): _____

Rochester Address: _____

Home Phone: _____ Cell: _____

Email: _____

Significant Other's Name: _____

Significant Other's/Self Hospital Department, Program, Year: _____

Children's Names & Birth dates / TBA's: _____

Optional Information (Hobbies, Interests, Education, Profession, etc.): _____

Please choose one of the options below, and sign on the line:

I authorize the use of pictures of myself and my family in the SHA newsletter and brochure, as well as on our private SHA Facebook group.

I authorize the use of pictures of myself and my family for print media only (SHA newsletter and brochure.)

I do not authorize the use of pictures of myself or my family.

Signature: _____

Detach and mail along with \$15 annual membership dues to:

(Please contact GME Office for mailing address)

(Please make checks payable to SHA)

(Returned checks will incur a \$15 NSF charge.)