

Making Connections. Getting Support.



Joy of Medicine

The Sierra Sacramento Valley Medical Society (SSVMS)'s Joy of Medicine Program provides many benefits for physicians and medical students to help bring joy back to their practice of medicine.

Free Counseling

SSVMS sponsors up to six (6) counseling sessions with a vetted psychologist or life coach. These sessions are anonymous, self-referred, and available to both physicians and medical students. Access the list of providers at JoyofMedicine.org and tell them you are utilizing the Joy of Medicine Program.

Connect With Us

☎ 916-452-2671

✉ SMello@ssvms.org

🌐 JoyofMedicine.org

📍 Serving Sacramento, El Dorado, Yolo, and Placer Counties



Program Benefits

- ☒ FREE COUNSELING
- ☒ ANNUAL WELLNESS SUMMIT
- ☒ WELLNESS LIBRARY
- ☒ MONTHLY MEET UPS

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Annual Wellness Summit

Each September, SSVMS hosts its annual Joy of Medicine Summit. Free to attend, the event features educational talks and CMEs, a full breakfast, fun giveaways, and onsite massage therapists.



Wellness Library


JoyofMedicine.org features a robust library of webinars, podcasts, videos, audiobooks, and recommended reading related to stress, anxiety, burnout, and depression. Resources for medical students are also available.



Monthly Meet Ups


Monthly Meet Ups provide Sacramento-area physicians with the opportunity to connect with each other in a relaxed environment with light appetizers. Hosted in the home of a physician leader, these Meet Ups are a place for physicians to connect with one another to discuss personal and professional successes and challenges.

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