



MyRoad Core Training and Mentoring Program
Fundamentals Level

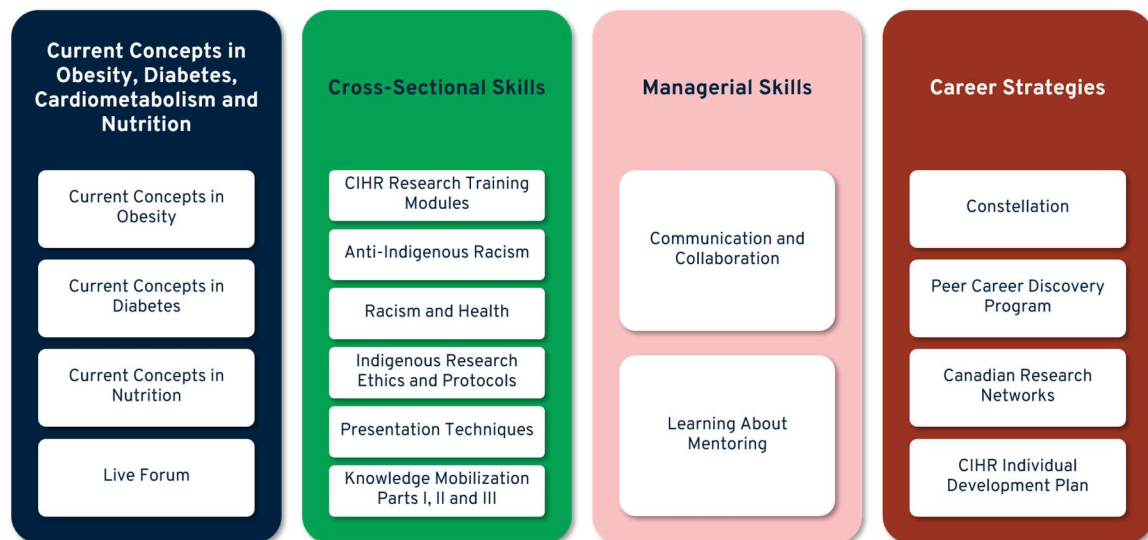
Winter 2026 Cohort
January 2026 – April 2026

MyRoad Core Training and Mentoring Program objective:

Provides flexible and highly accessible state-of-the-art, harmonized and best-practice based content for students or early career investigators from all research discipline in the field of cardiometabolism, diabetes, obesity and nutrition.

Fundamentals Level:

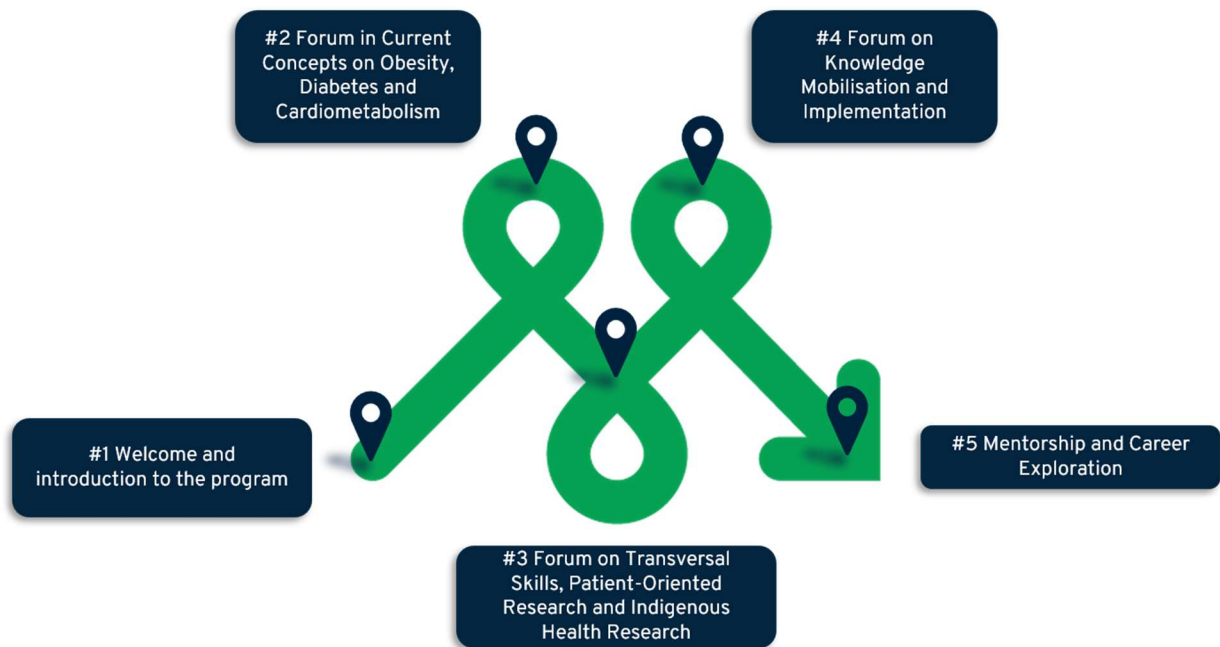
The Fundamentals Level of the program provides an overview of the current concepts in research in our field of interest while also offering basic knowledge and skills to carry out research in these fields.



It was designed to be completed in one semester with approximately 40 hours of online training and live forums. Although it can be completed at your own pace, MyRoad offers the possibility of completing this level in a cohort, giving you the opportunity to structure your learning path, obtain support and feedback from peers and mentors and increase your motivation.

Welcome to the winter 2026 cohort!

Briefly, by registering in this cohort, you are committing to completing the online modules according to the schedule provided and to participating in 5 virtual group meetings where you will discuss your learning and deepen your knowledge.



First steps:

- Create an account on [RISE](#)
- Add the meetings to your calendar.

Schedule:

January 12, 2026: Forum 1 – Welcome and introduction to the program

Time and duration: 1PM EDT, 1h

Host: André Tchernof

January 12, 2026 to February 9, 2026

Duration: 13 hours over a 4-week period

Modules to complete:

- Current Concepts in Obesity
- Current Concepts in Diabetes
- Current Concepts in Nutrition

February 9, 2026: Forum 2 - Current Concepts in Obesity, Diabetes and Cardiometabolism

Time and duration: 2PM EDT, 1h

Hosts: Ian Patton and Jennifer Kuk

February 9, 2026 to March 16, 2026

Duration: 18 hours over a 5-week period

Modules to complete:

- CIHR training modules
- Anti-Indigenous Racism
- Racism and Health
- Indigenous Research Ethics and Protocol

March 16, 2026: Forum 3 – Cross sectional skills, patient-oriented research and Indigenous health research

Time and duration: 1PM EST, 1h30

Hosts: Jon McGavock

March 16, 2026 to April 7, 2026

Duration: 3-5 hours over a 3-week period

Modules to complete:

- Presentation Techniques
- Introduction to Knowledge Translation part 1
- Knowledge Translation part 2

April 7, 2026: Forum 4 – Knowledge Mobilization and Implementation

Time and duration: 12:30PM EST, 1h30

Hosts: Virginie Blanchette and Monica Parry

April 7, 2026 to April 23, 2026, 2026

Duration: 7 hours over a 3-week period

Modules to complete:

- Communication and collaboration
- Learning about mentoring
- Constellation
- Canadian Research Networks
- Peer Career Discovery Program and/or CIHR Individual Development Plan

April 23, 2026, 2026: Forum 5 - Mentorship and Career Exploration

Time and duration: 1PM EST, 1h30

Hosts: Emily Bell, Jan Bottomer, André Tchernof