



Assist

Alberta Lawyers' Assistance Society

Please join Assist for our 2023

WALK FOR WELLNESS



Join us for a great way to get away from your desk, enjoy the outdoors, reconnect with some colleagues, and raise awareness of lawyer well-being.

Everyone in the legal community is welcome—lawyers (including those seeking accreditation, non-practicing and practicing), staff, articling students, and law students! We will walk together as a symbol of the importance of seeking help.

Lethbridge

Monday, September 11 , 2023 12 P.M.

RSVP: Eileen Lesko - program-manager@lawyersassist.ca

Medicine Hat

Wednesday, September 13 , 2023 12 P.M.

RSVP: Eileen Lesko - program-manager@lawyersassist.ca

Calgary

Thursday, September 14 , 2023 12 P.M.

RSVP: Eileen Lesko - program-manager@lawyersassist.ca

Grand Prairie

Thursday, September 14 , 2023 12 P.M.

RSVP: Leah Paslawski leahp@kmsc.ca

Edmonton

Friday, September 15 , 2023 12 P.M.

RSVP: Eileen Lesko - program-manager@lawyersassist.ca

Fort McMurray and St. Paul

Dates TBD

Contact Eileen to organize a walk in your city or town!

lawyersassist.ca

24/7 CRISIS COUNSELLING: 1-877-498-6898

Professional Counselling Services: 1-877-498-6898

Peer Support Program: 1-877-737-5508