



Assist

Alberta Lawyers' Assistance Society

Please join Assist for our 2025

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

September 17th 2025 12:15 P.M.

RSVP: coordinator@lawyersassist.ca

Grande Prairie

Wednesday, September 17, 2025 12 P.M.

RSVP: Leah Paslawski.leahp@kmsc.ca

Calgary

Friday, September 26th, 2025 12:15 P.M.

RSVP: coordinator@lawyersassist.ca

Edmonton

Saturday, September 27th, 2025 10:00 A.M.

RSVP: coordinator@lawyersassist.ca

Do you want to organize a walk in your city/town?

Contact coordinator@lawyersassist.ca for enquiries

lawyersassist.ca

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

Professional Counselling Services: **1-877-498-6898**

Peer Support Program: **1-877-737-5508**