



Assist

Alberta Lawyers' Assistance Society

Please join Assist for our 2025

WALK FOR WELLNESS

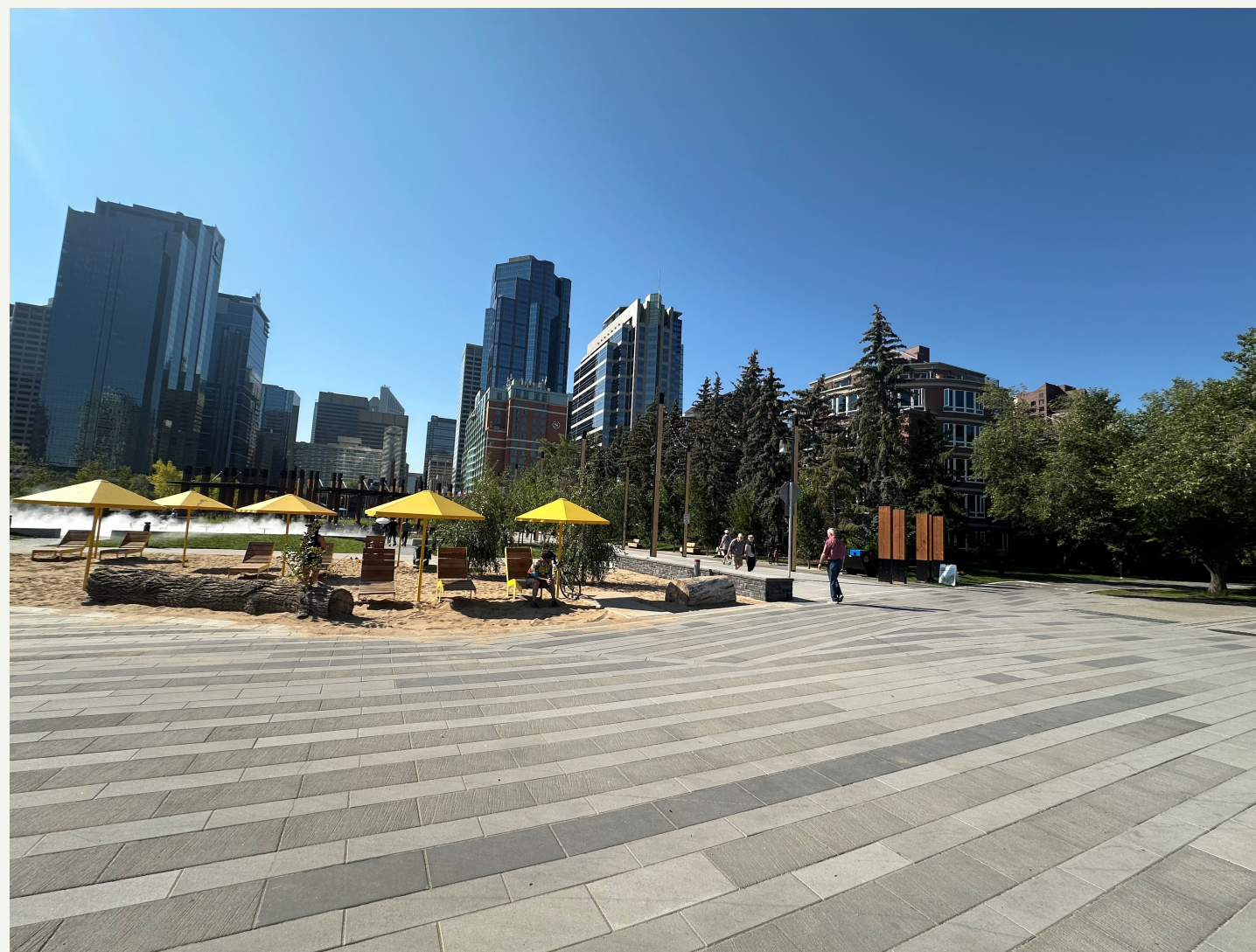
Friday, September 26th, 2025
Meet at 12:15 P.M.

CALGARY

Meet: Yellow Umbrellas at Eau Claire Plaza

Walk: Please invite friends and colleagues to walk with us from Eau Claire plaza to the Peace Bridge

RSVP: coordinator@lawyersassist.ca



Join us to get away from your desk, enjoy the outdoors, reconnect with 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 gather together as a symbol of the importance of seeking help.

lawyersassist.ca

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

Professional Counselling Services: 1-877-498-6898

Peer Support Program: 1-877-737-5508