



# Assist

Alberta Lawyers' Assistance Society

Please join Assist for our 2025

## WALK FOR WELLNESS

Wednesday, September 17th,  
2025

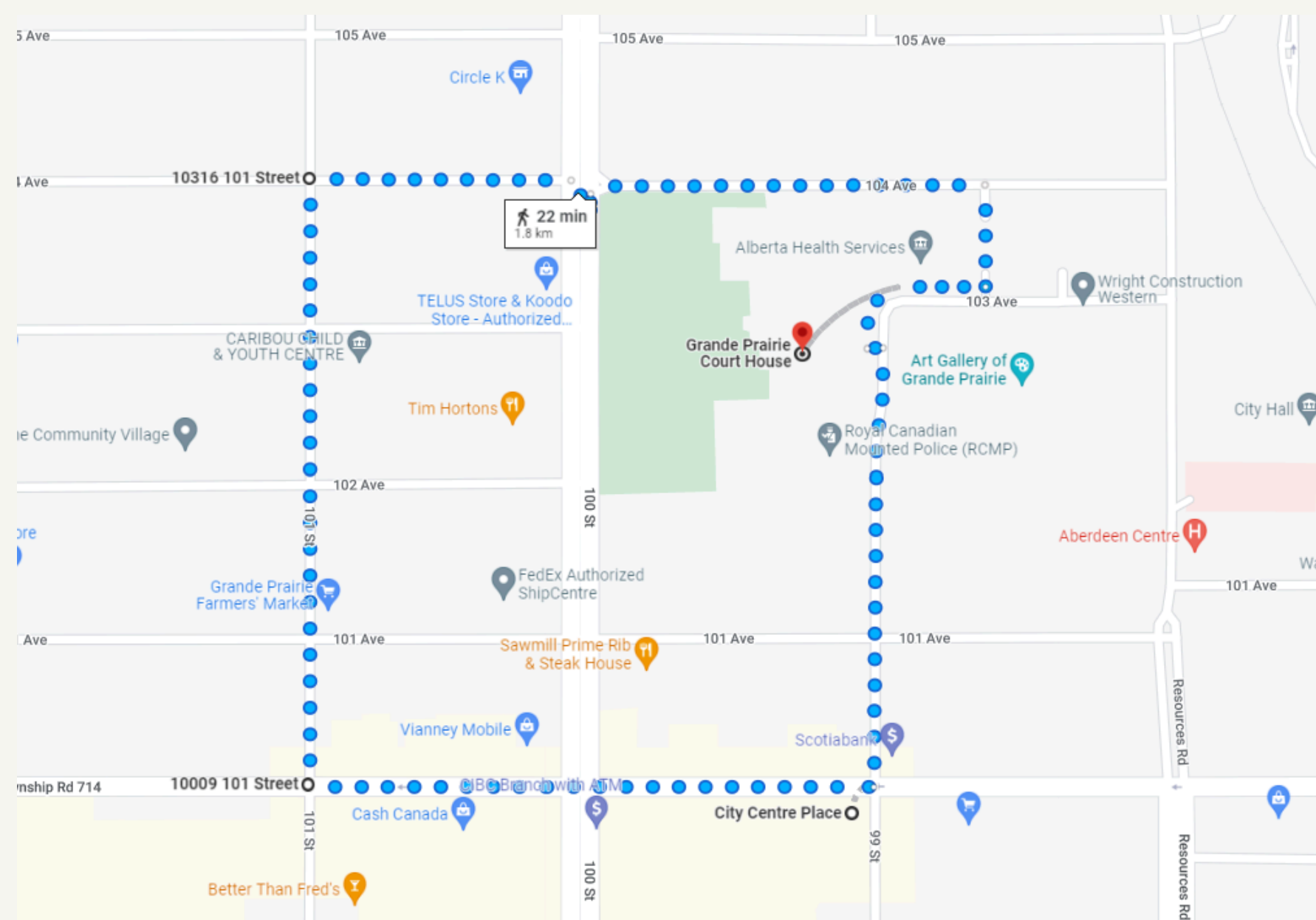
12:15 P.M.  
**GRANDE PRAIRIE**

**Meet:** Grande Prairie Court House

**Walk:** From the courthouse, we will be heading south on 99th Street towards 100th Ave. We will continue east to 101st Street where we will head north to 104th Ave before completing the loop back to the courthouse.

**Approximate Distance:** 1.8 km

**RSVP:** Leah Paslawski [leahp@kmsc.ca](mailto:leahp@kmsc.ca)



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.

[lawyersassist.ca](http://lawyersassist.ca)

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

Professional Counselling Services: 1-877-498-6898

Peer Support Program: 1-877-737-5508