



Assist

Alberta Lawyers' Assistance Society

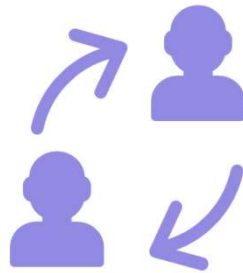
2019 Annual Report

Alberta Lawyers' Assistance Society

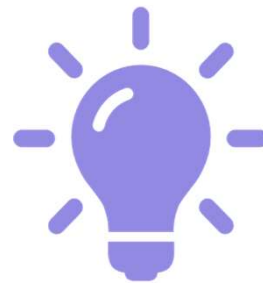
FOUR PILLARS



Professional
Services



Peer
Support



Education &
Awareness



Community

ASSIST



Professional Services



Confidential

Assist is an independent, charitable society. Confidentiality is one of its cornerstones.



Counselling

Up to 4 hours of professional services per person (lawyer, law student, family member), per issue, per year at no cost to them.



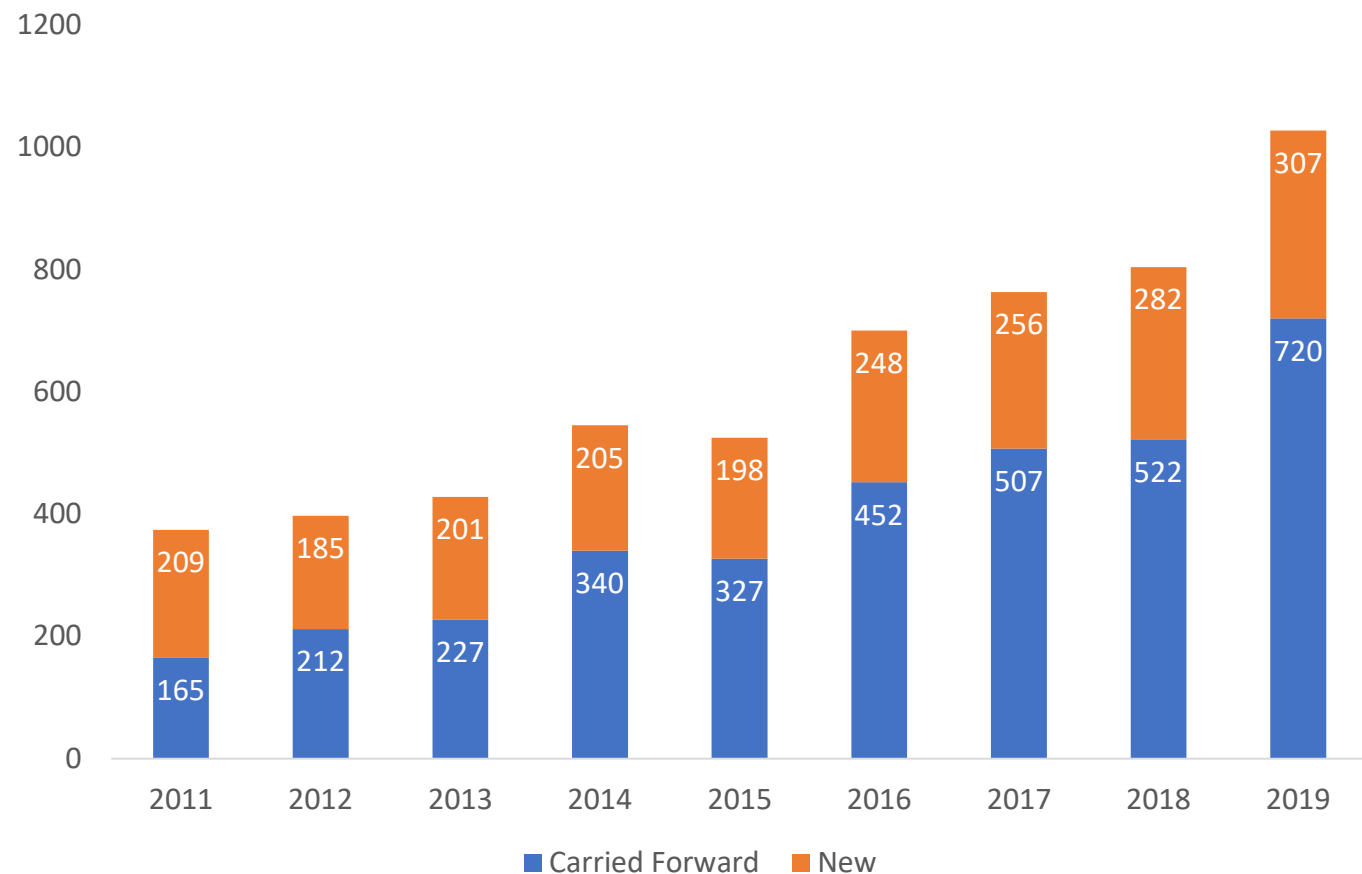
Forbes

Professional services are provided off-site by third party professionals off-site by counsellors from Forbes Psychological Services.

ASSIST



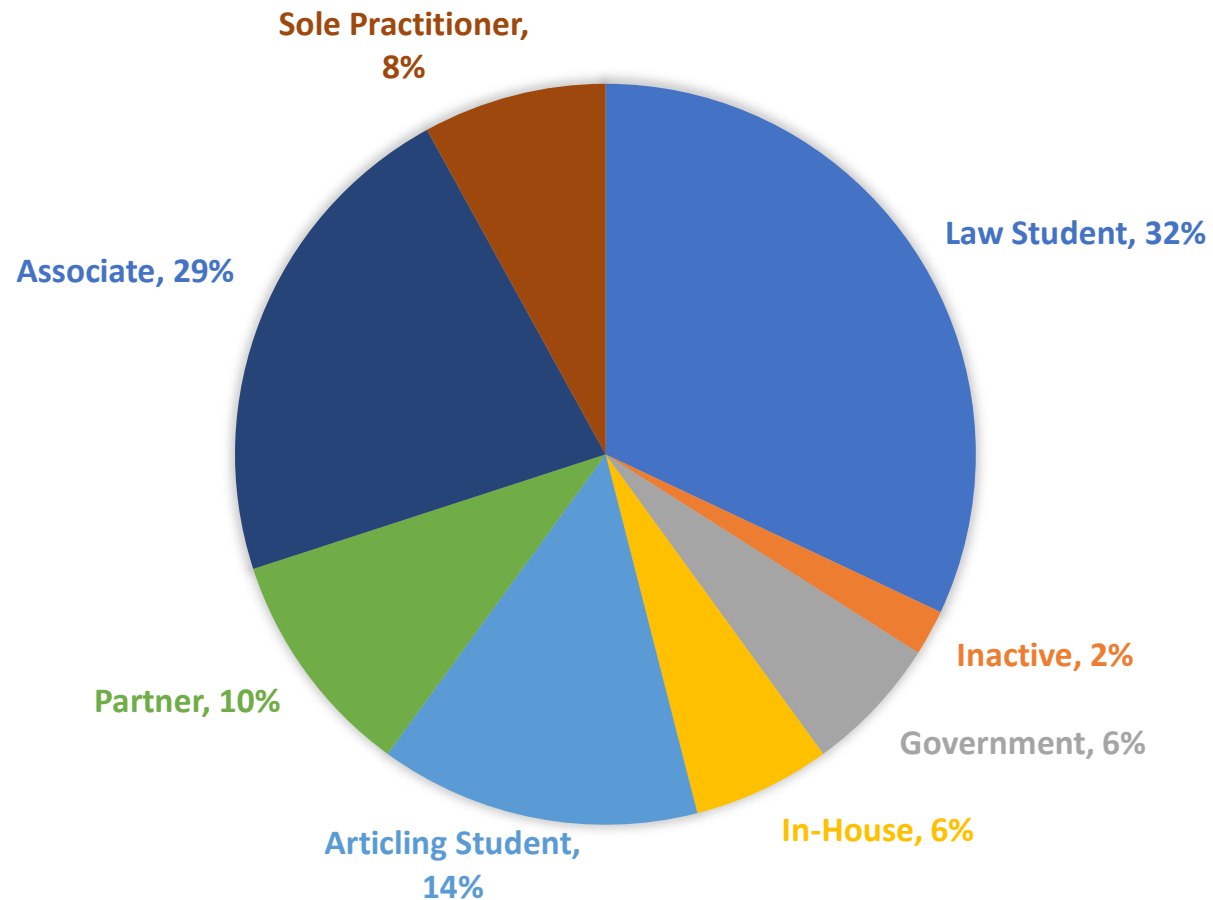
How many people accessed counselling through Assist each year?



ASSIST



What practice types accessed Assist counselling in 2019?



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Why did people seek Assist counselling in 2019?

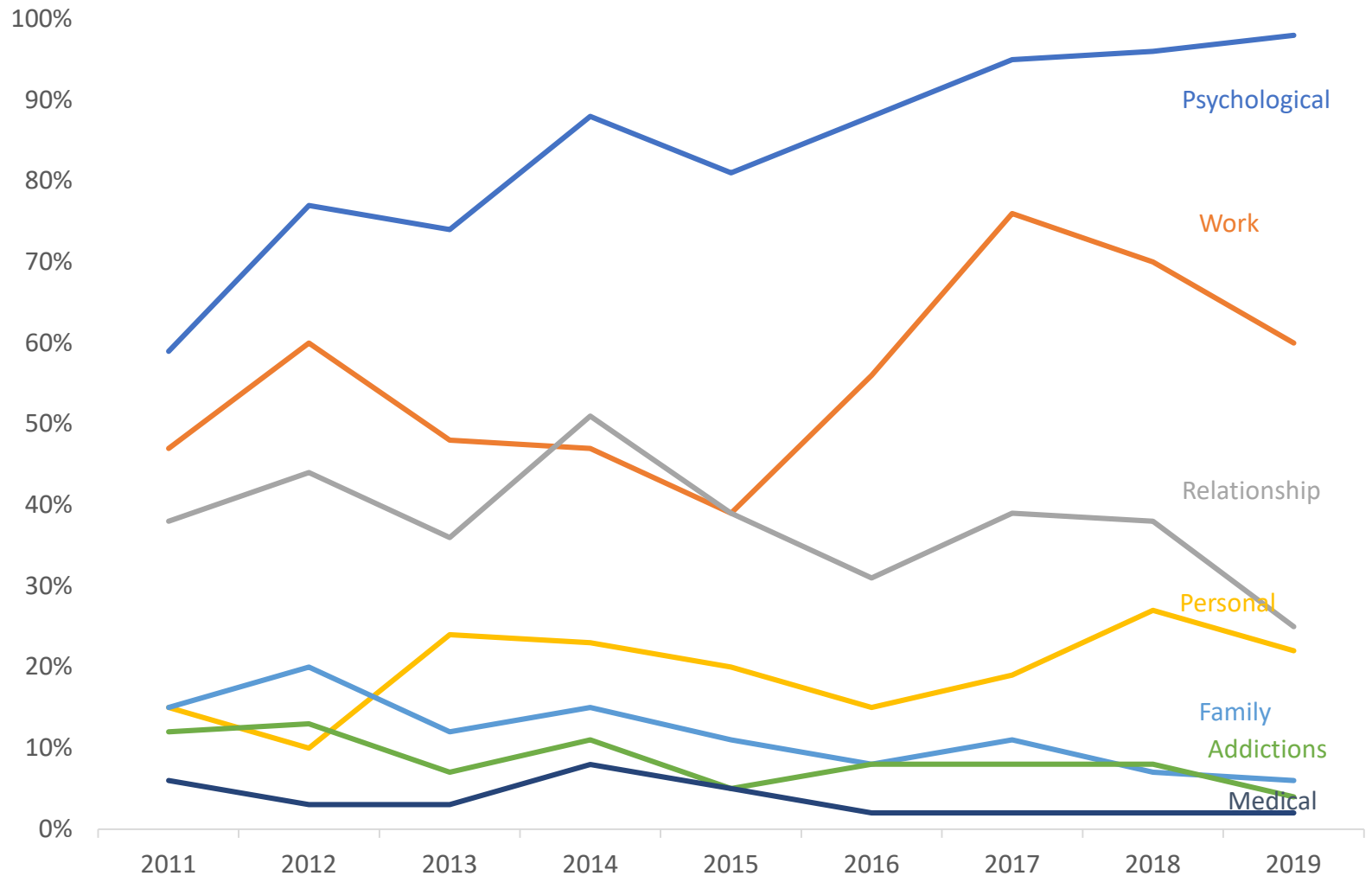
Psychological Issues (anxiety, depression)	98%
Marital/ Relationship	25%
Family Problems	6%
Addictions Issues	4%
Work Problems	60%
Harassment	4%
Medical Problems	2%
Personal Support Issues	22%

Chart. Professional Counselling Presenting Problems (2019)

ASSIST



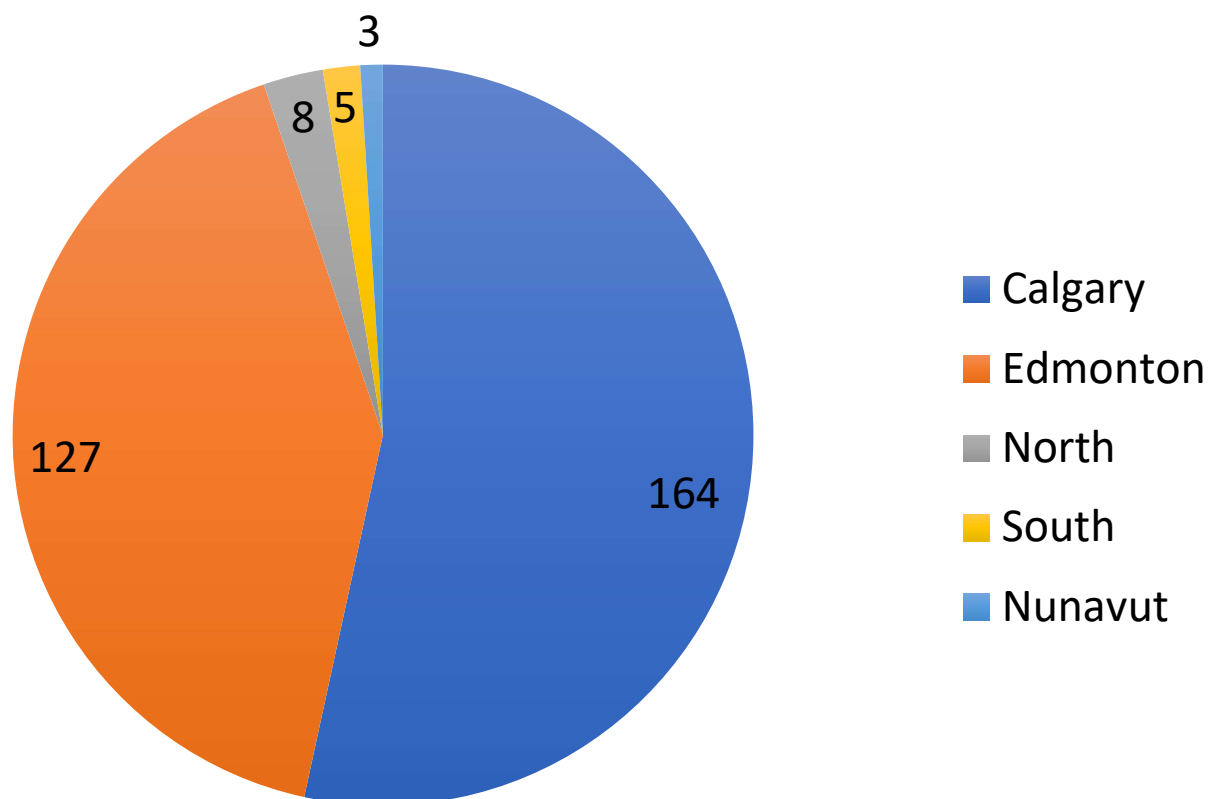
What are the trends in Assist counselling issues?



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From what regions are Assist's new cases coming?



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Peer Support



Confidential

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Participants

Participants are matched with a qualified volunteer who has shared a similar experience or can otherwise relate to the participant.



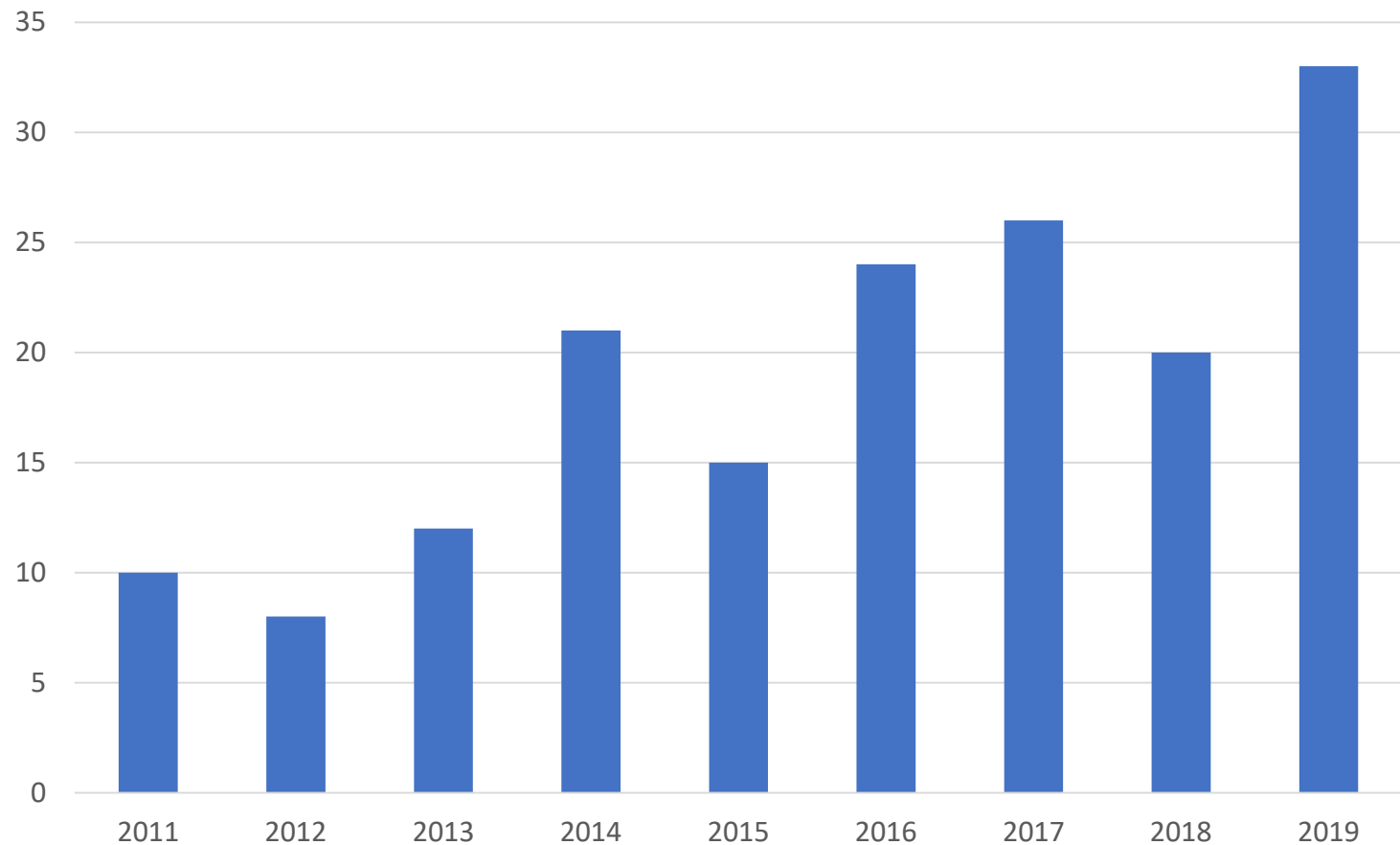
Volunteers

Volunteers are trained and provided resources so they can offer emotional, personal, or career-related support.

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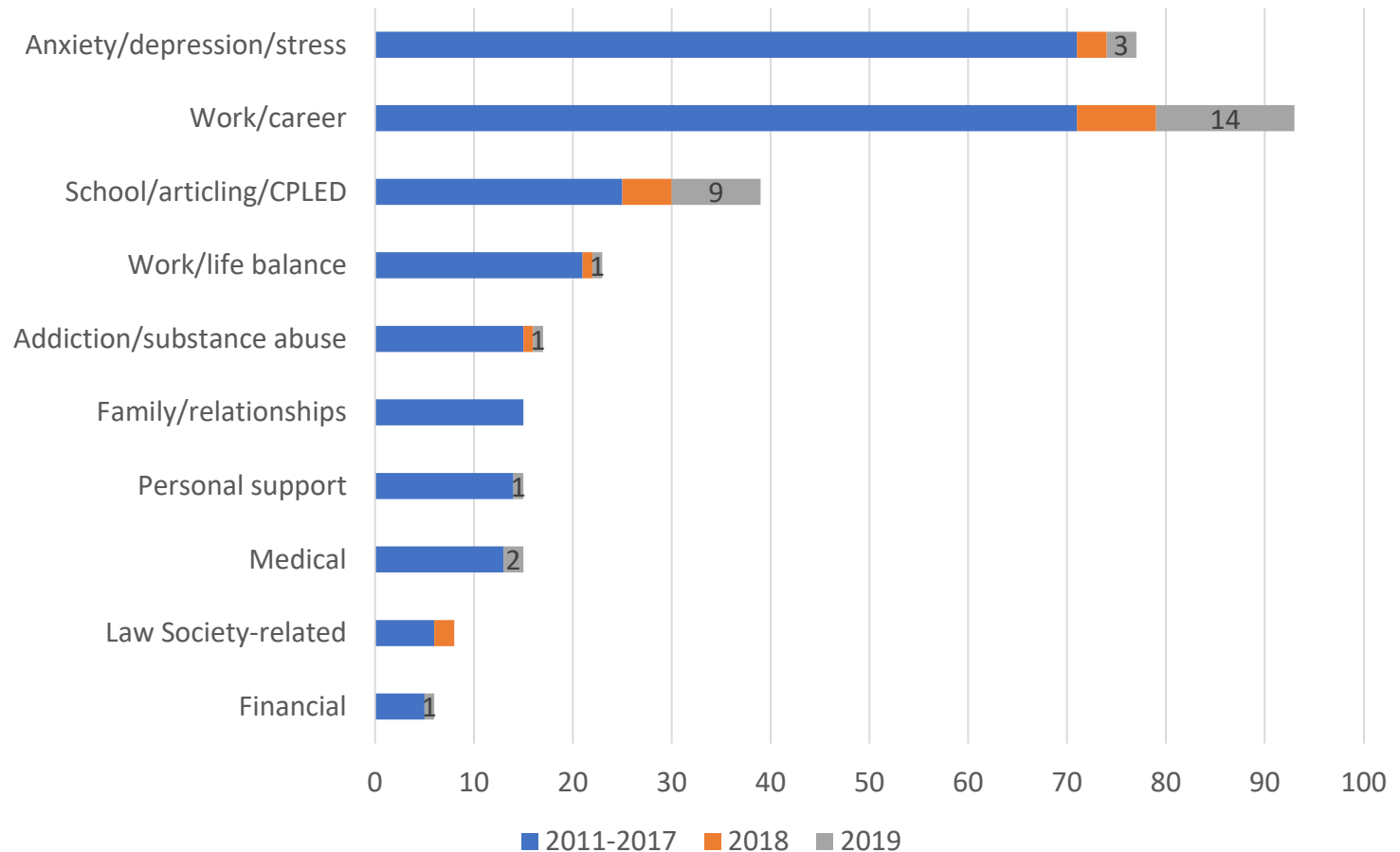
How many peer support matches does Assist make each year?



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Why do people seek peer support through Assist?



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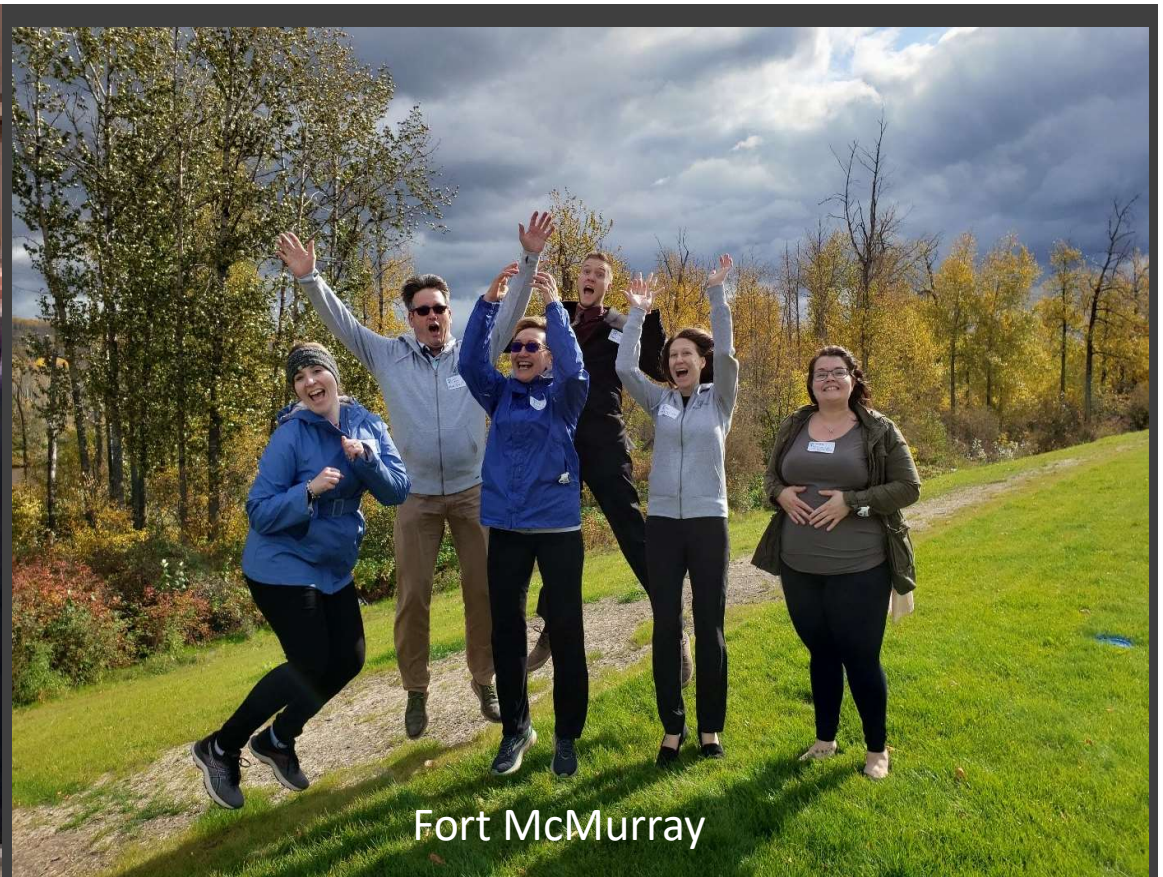
EDUCATION & AWARENESS



Reduce the incidence of addiction, mental illness and emotional distress among members of the legal profession in Alberta through preventative education and the provision of coping and professional counselling assistance.



Medicine Hat



Fort McMurray



Red Deer

Walk For Wellness 2019

Walks for Wellness (con't)





Hand to Hand
November 26, 2019

University of Calgary Law Student Presentation





ASSIST BOOTH AT THE LAKE LOUISE REFRESHER



Community

In our Drop-in Coffee Circles, we invite lawyers to become part of our community to help the legal community combat loneliness and isolation which are linked to poor mental health.



Well-Being

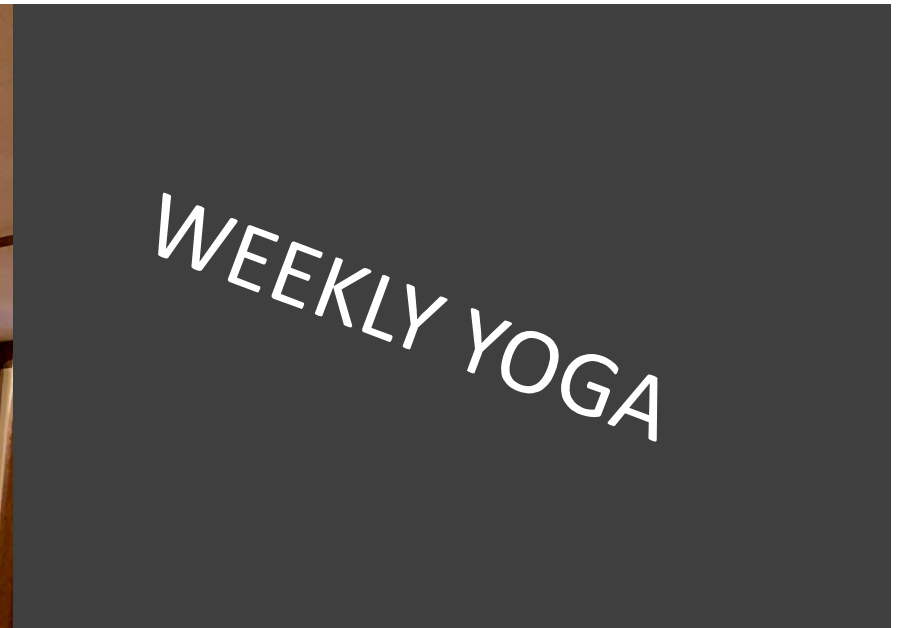
Assist promotes physical and mental well-being. Free yoga classes are taught by a judge and a lawyer in Calgary.



Common Interests

We have an Edmonton and a Calgary group supporting new parents. We will expand into other transition points and situations as need arises.

ASSIST COMMUNITY





LINE DANCING AT THE
CALGARY BAR STAMPEDE

ASSIST



PURPOSE

Mission

Enhancing the immediate and long-term well-being of Alberta lawyers, articling and law students, and their families through confidential and non-judgmental psychological assistance, peer support, education and community.

Vision

To prevent stress in life and law from becoming distress, prevent distress from turning into crisis, and prevent crisis from becoming terminal or long-term debilitation.



ASSIST



Law Society of Alberta

The Law Society of Alberta is Assist's primary funder. The Law Society funded approximately 81% of our 2019 operations.

Funding



Contributions

Assist supplements its funding with generous donations from the Canadian Bar Association, Calgary Bar Association, firms, and individuals, as well as in-kind gifts



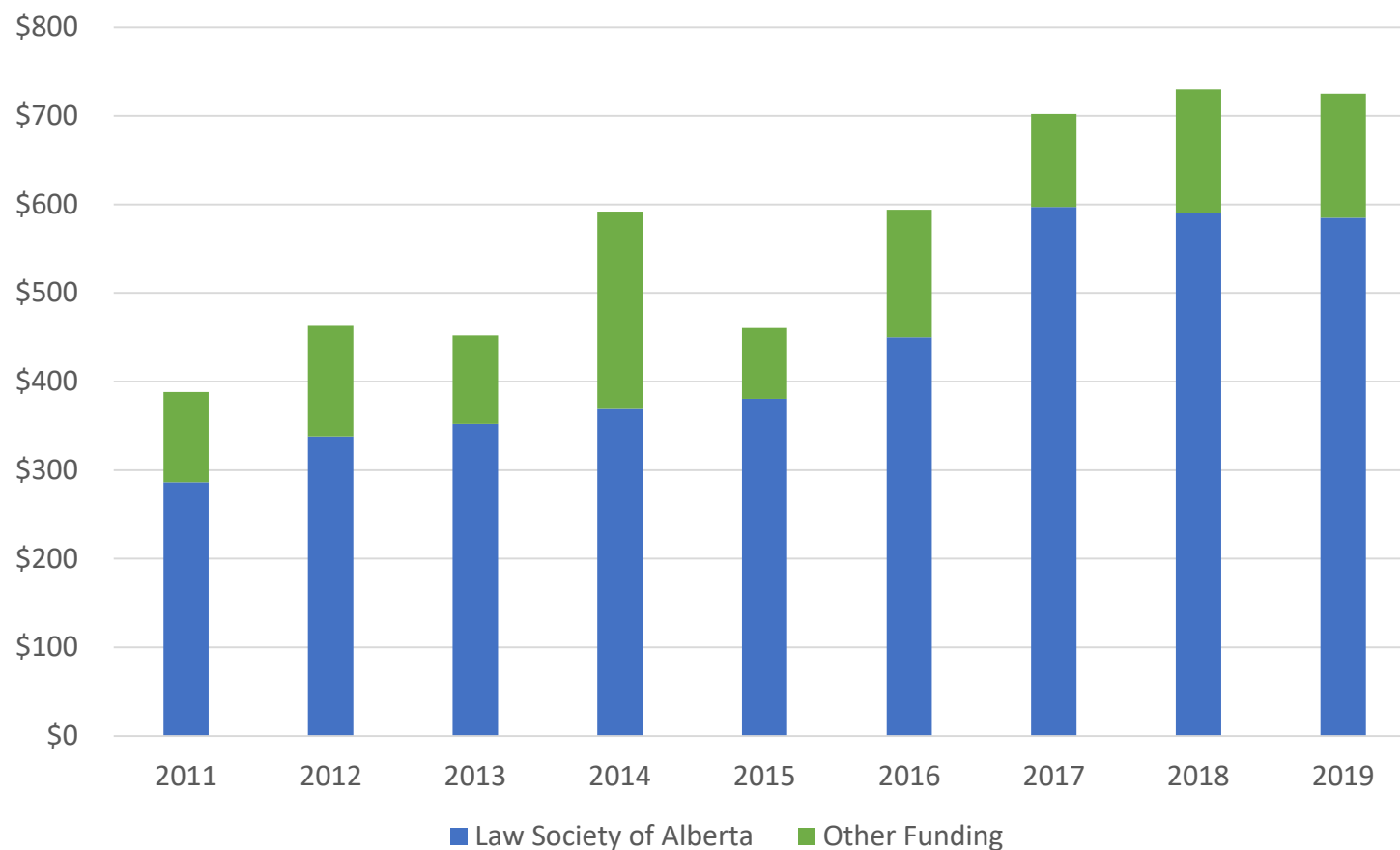
Fundraising

Assist is a registered charity and raises funds within the Alberta legal community. In 2019, Assist's main fundraisers were the Law Firm Three-Year Donation campaign and our Hand to Hand Event.

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How is Assist funded?



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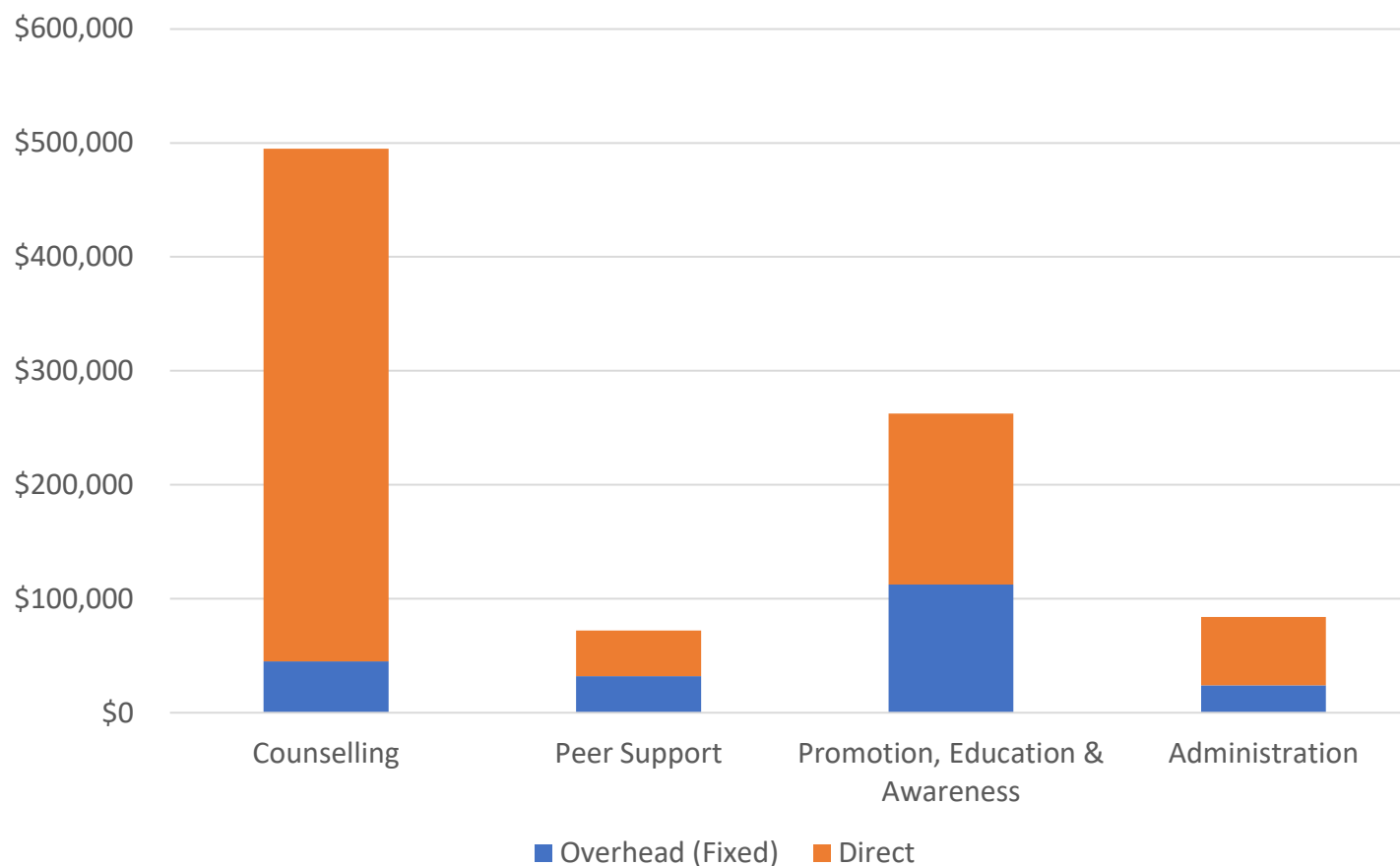
How did Assist supplement its Law Society funding in 2019?



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How did Assist spend its funds in 2019?



People



- Assist is led by a committed Board and experienced staff.
- Assist is supported by countless dedicated volunteers
- Assist's work is made possible by generous funders and contributors



Assist

Alberta Lawyers' Assistance Society

THANK YOU!!!

Law Society of Alberta for continued funding

JSS Barristers for generous use of office space and services

Canadian Bar Association for financial and in-kind support

MNP LLP for pro bono financial review services

Frontier Solutions for pro bono IT services

Icona for the dream website

Field LLP for Board/AGM facilities

ToppanMerrill for our printing needs

And all of our volunteers, donors, and supporters

Alberta
Lawyers'
Assistance
Society
2019
Annual
Report



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