



Assist

Alberta Lawyers' Assistance Society

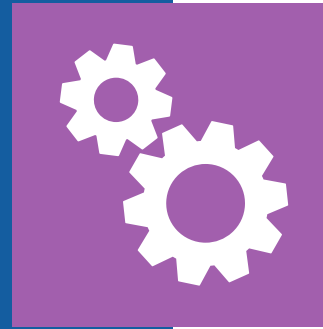
Assist 2025 Annual Report

Presented by

Loraine Champion
Executive Director

FOUR PILLARS

Assist continues to prioritize the well-being of Alberta lawyers, articling students, law students, and their families, bolstering their immediate and long-term welfare through our comprehensive programming framework. Our initiatives uphold strict confidentiality standards and foster a non-judgmental environment.



PROFESSIONAL COUNSELLING

Assist provides complimentary and confidential professional counseling services to Alberta lawyers, articling students, law students, and their families, extending support to spouses and dependent children under 25 years old. Our commitment to confidentiality ensures a safe space for all.



PEER SUPPORT

Assist's peer support initiatives continue to offer invaluable assistance to Alberta lawyers, articling students, and law students, empowering them to navigate both personal and professional challenges within a secure and confidential setting.



EDUCATION AND AWARENESS

Education and Awareness Activities remain foundational within Assist's programs, recognizing the critical need for lawyers, articling students, and law students to comprehend and address mental health and substance use challenges they may encounter. Equipping individuals with knowledge is empowering – a principle we hold dear, understanding that foresight is key to preparedness.



COMMUNITY

Our ongoing efforts encompass a variety of dynamic initiatives, including complimentary weekly yoga and mindfulness sessions, tailored webinars, engaging online coffee circles, and convenient pop-up peer support sessions. These endeavors reflect our commitment to fostering holistic well-being and professional support within the legal community.

A background image showing two men in a conversation. The man on the left is a white man with a beard, wearing a grey sweater over a white t-shirt, looking towards the right. The man on the right is a Black man with curly hair, wearing a light blue shirt, gesturing with his hands while speaking. The entire image has a semi-transparent blue overlay.

COUNSELLING SERVICES

FREE

Each lawyer, student (including articling and law students), and dependent family member is entitled to receive up to four professional counseling sessions per individual per issue annually, at no cost. This ensures that everyone within our community has access to the support they need, promoting well-being and resilience.

CONFIDENTIAL

Confidentiality stands as a cornerstone of our services. Our registered psychologists and clinical social workers adhere to strict codes of conduct that delineate their obligations regarding client confidentiality. This commitment ensures that individuals seeking support can trust in the privacy and integrity of their interactions with our professionals.

PROFESSIONAL

Counseling services are delivered by qualified professionals who are either registered psychologists or clinical social workers. Both professions are regulated and governed by strict codes of conduct, which include rules ensuring client confidentiality. This guarantees that individuals seeking assistance can have confidence in the confidentiality and ethical standards upheld by our practitioners.

Professional Counselling Cases

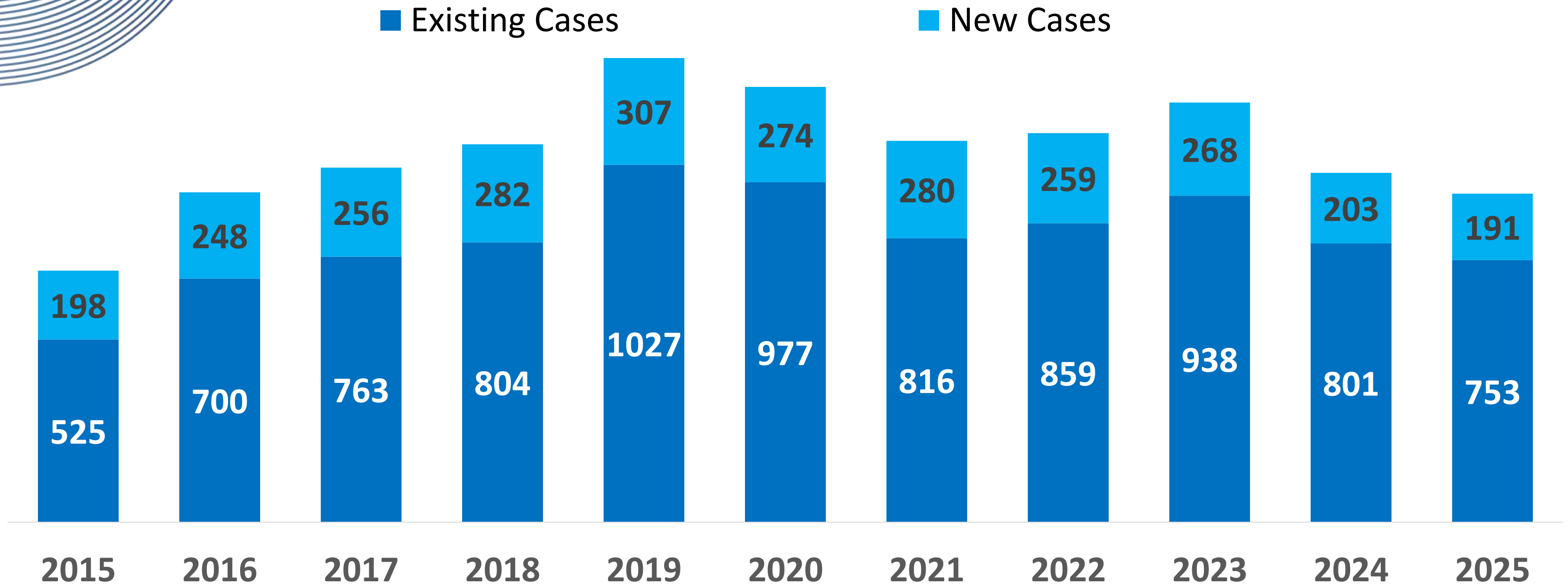


Figure 1. New and Existing Professional Counselling Cases - 2015-2025
Total Cases displayed in white.

Professional Counselling Cases

Trends in Counselling hours used

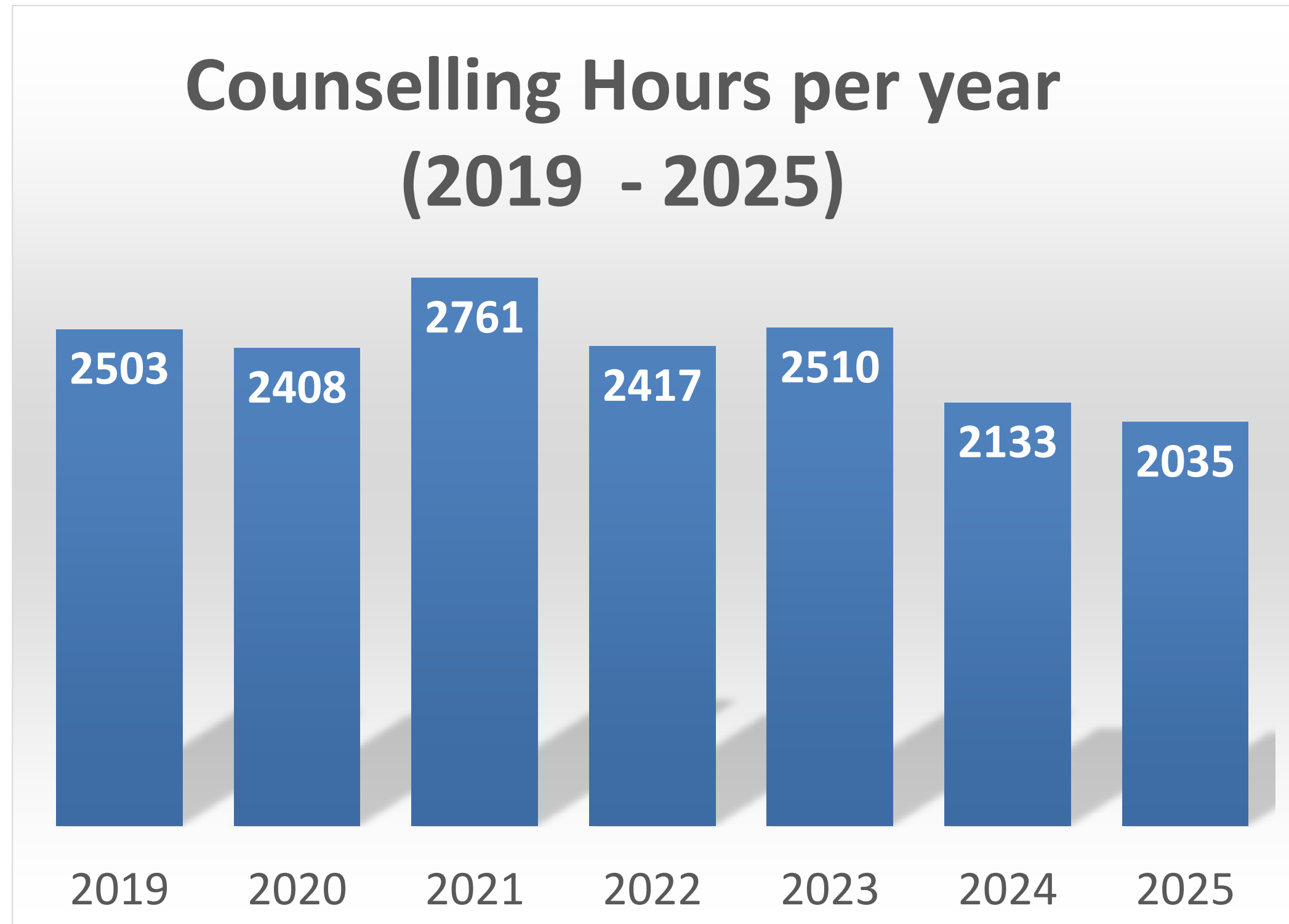


Figure 2. Counselling Hours per Year

Professional Counselling Cases

Average Hours per Closed Case

More complex and entrenched cases require more hours to resolve.

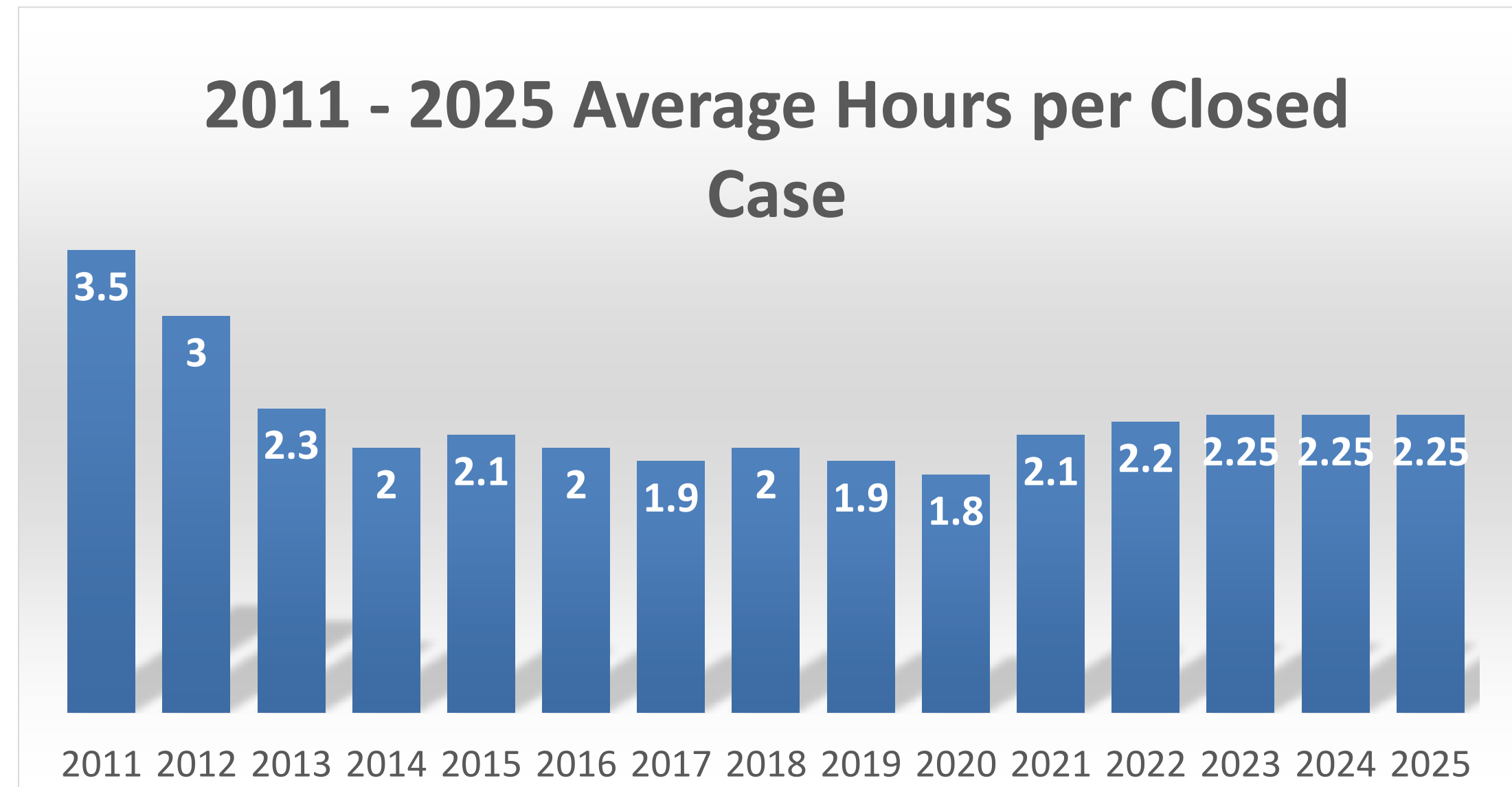
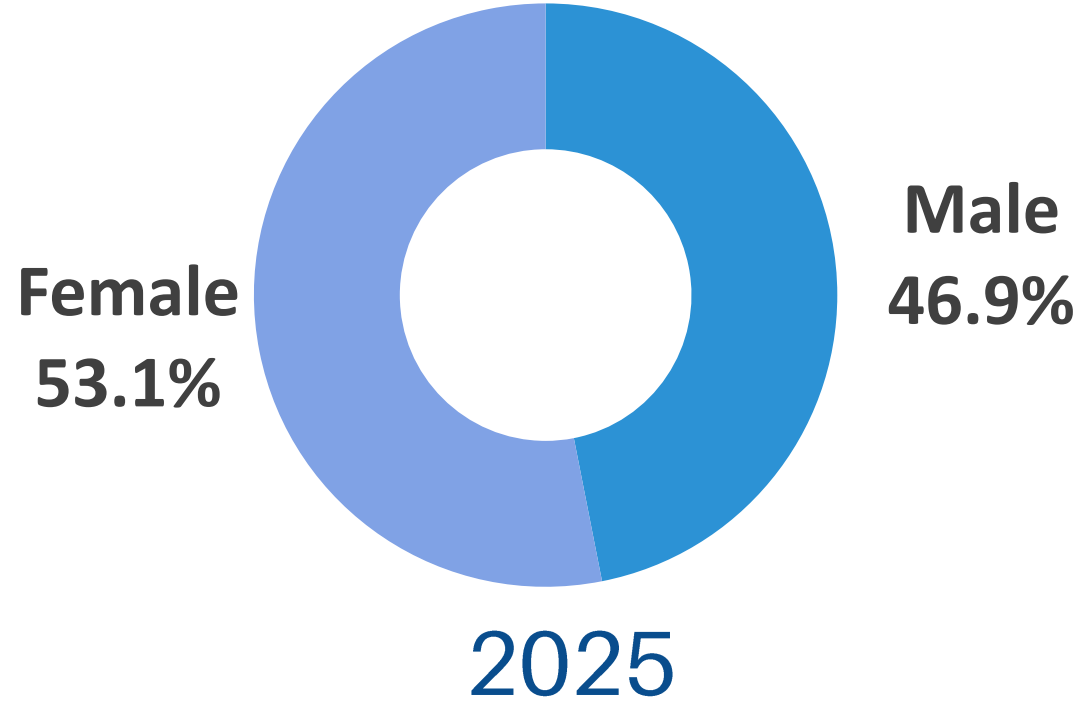
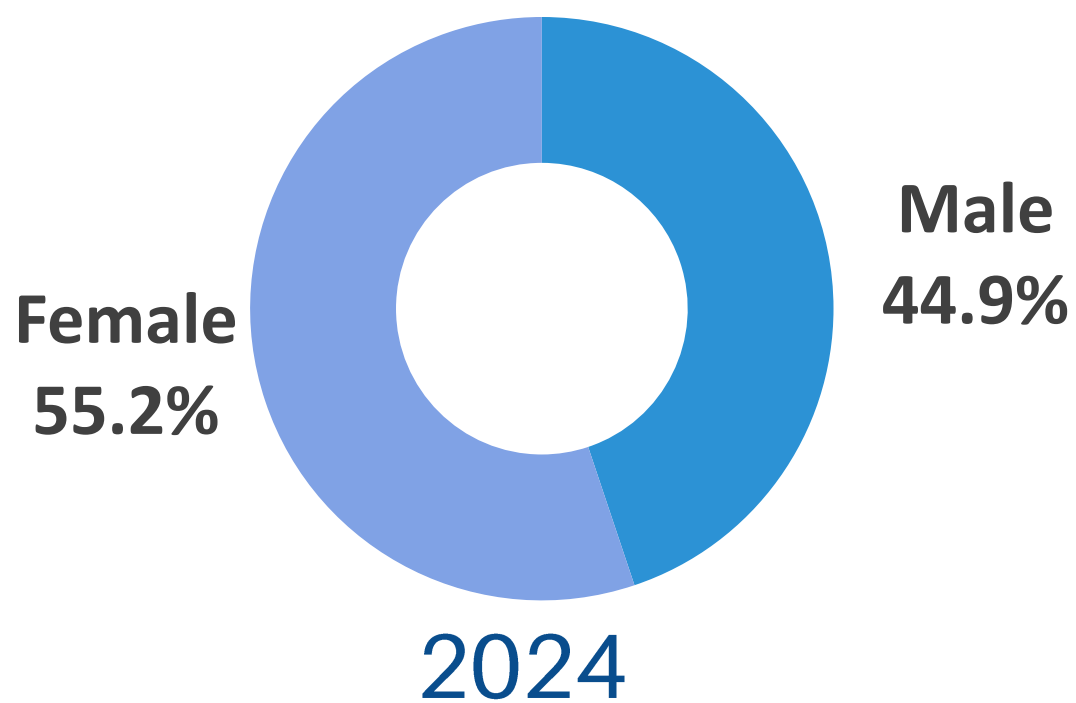
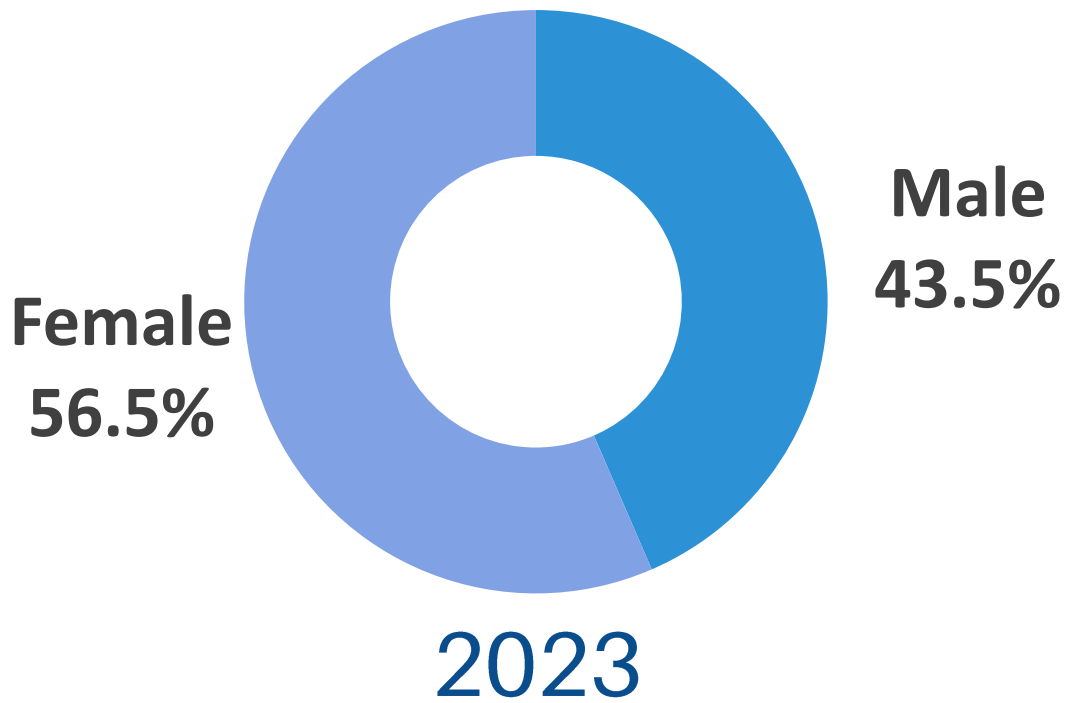
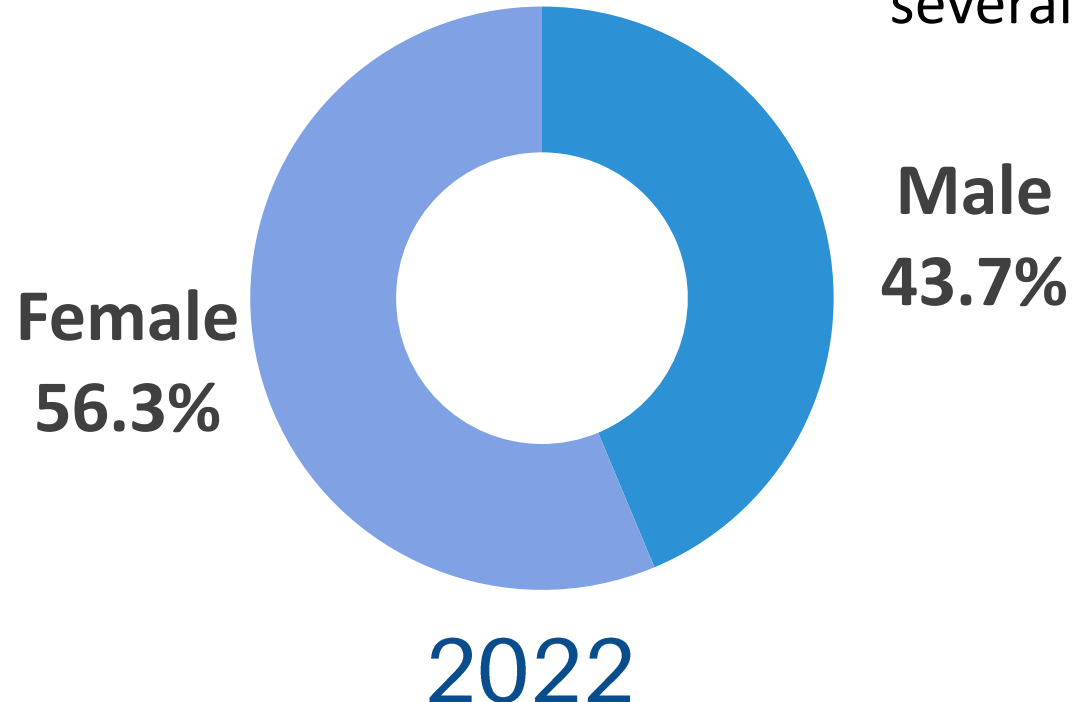
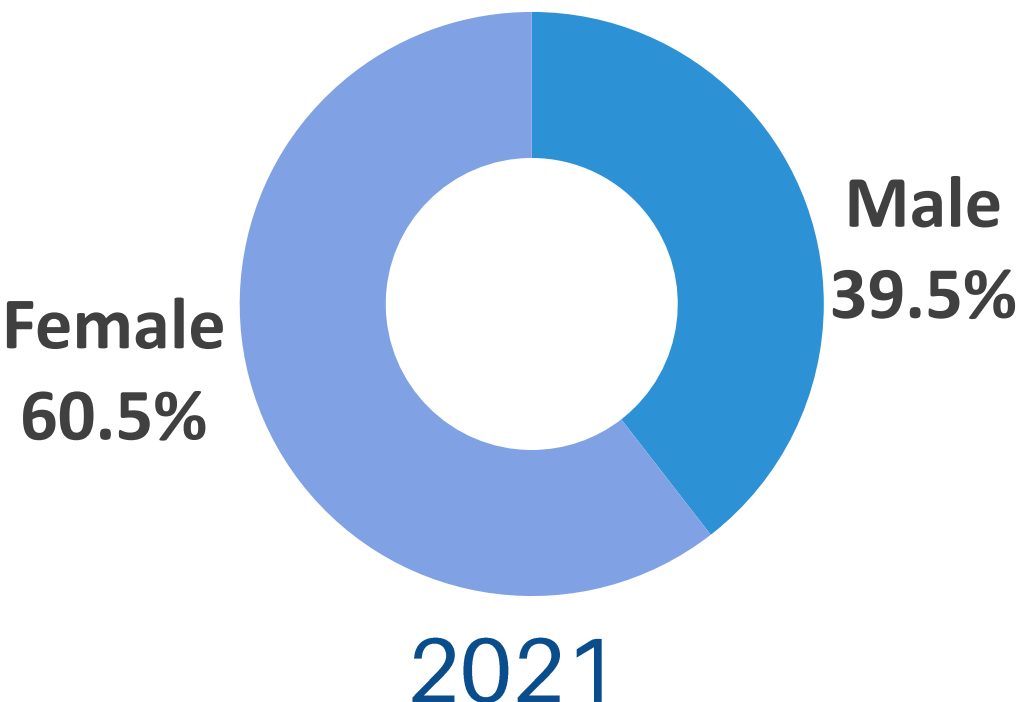


Figure 3. Average Hours per Closed Case - 2011-2025

New Professional Counselling Cases

Gender of new lawyer cases 2021-2025

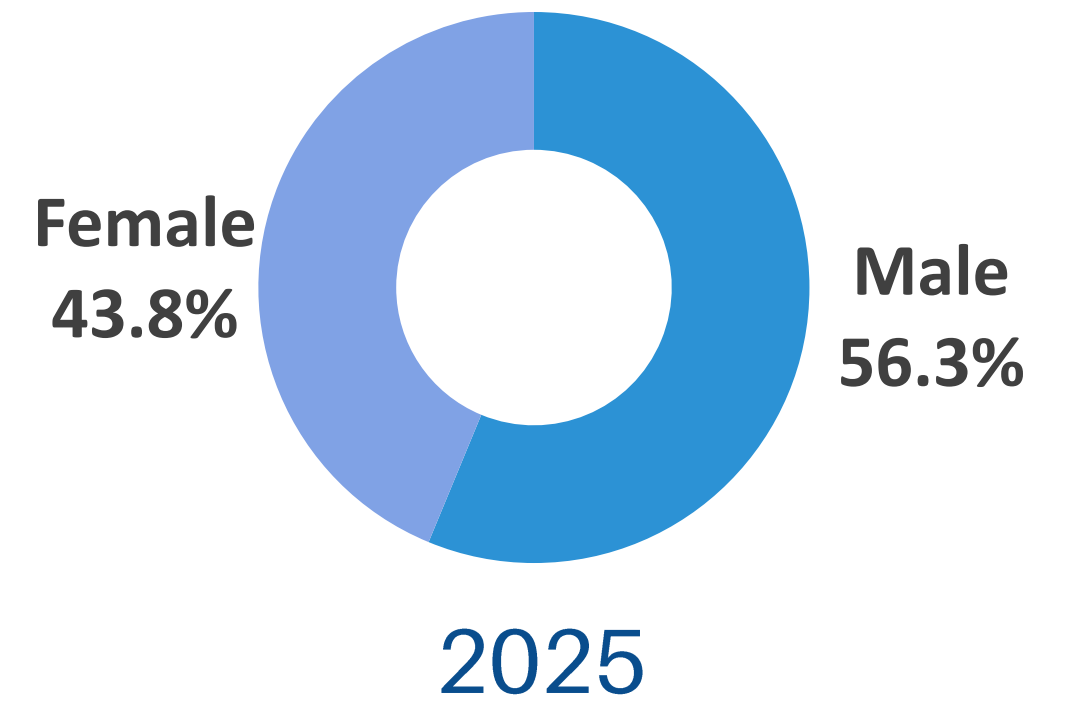
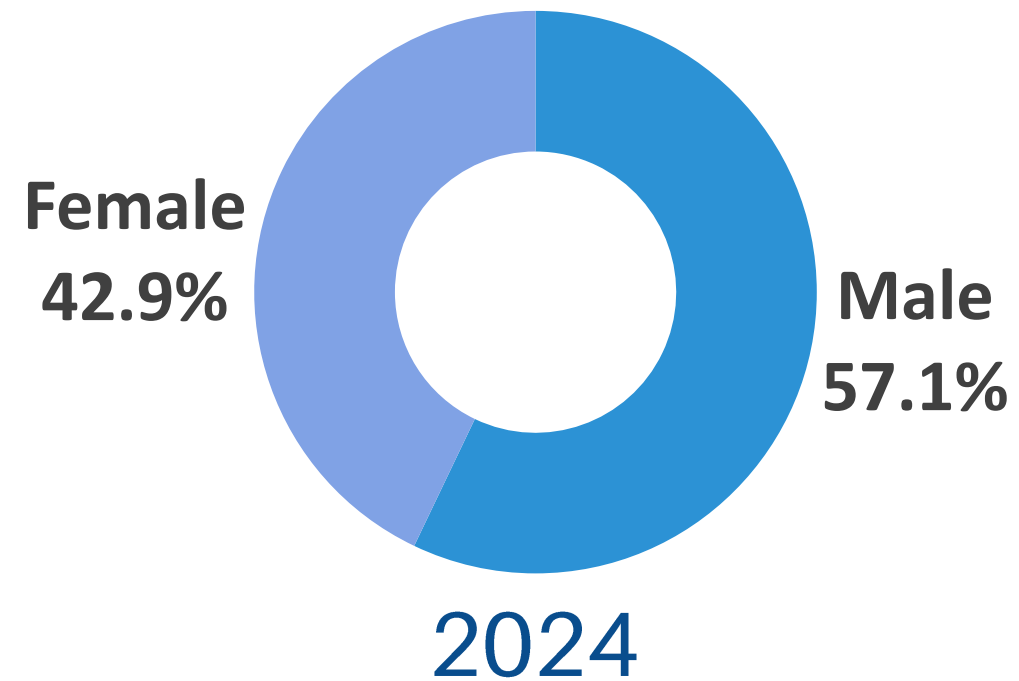
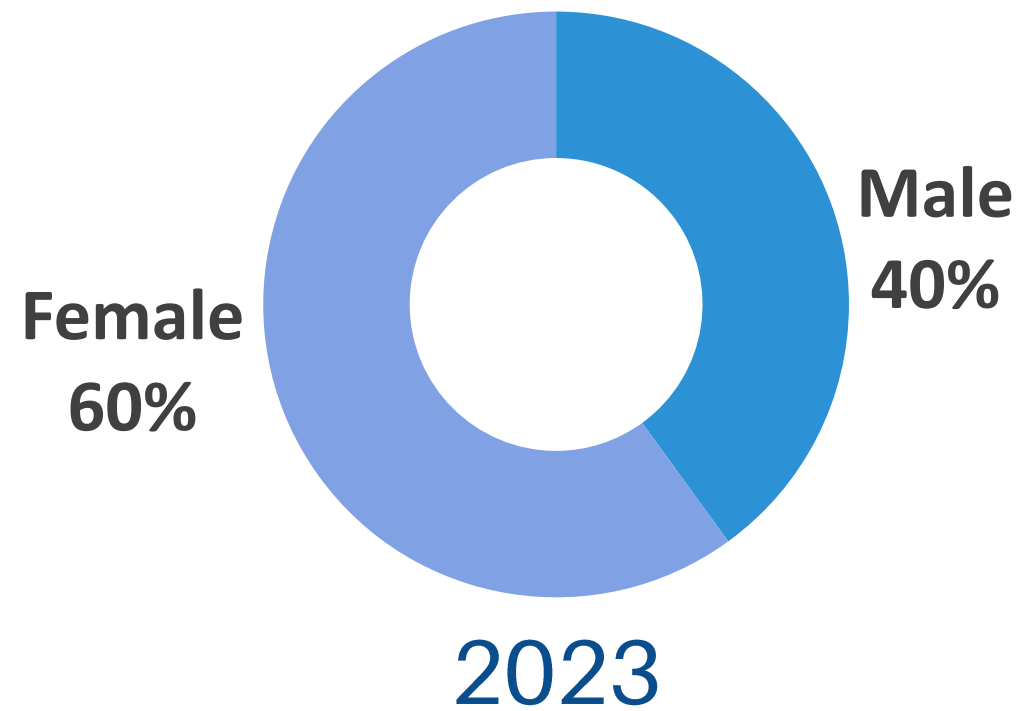
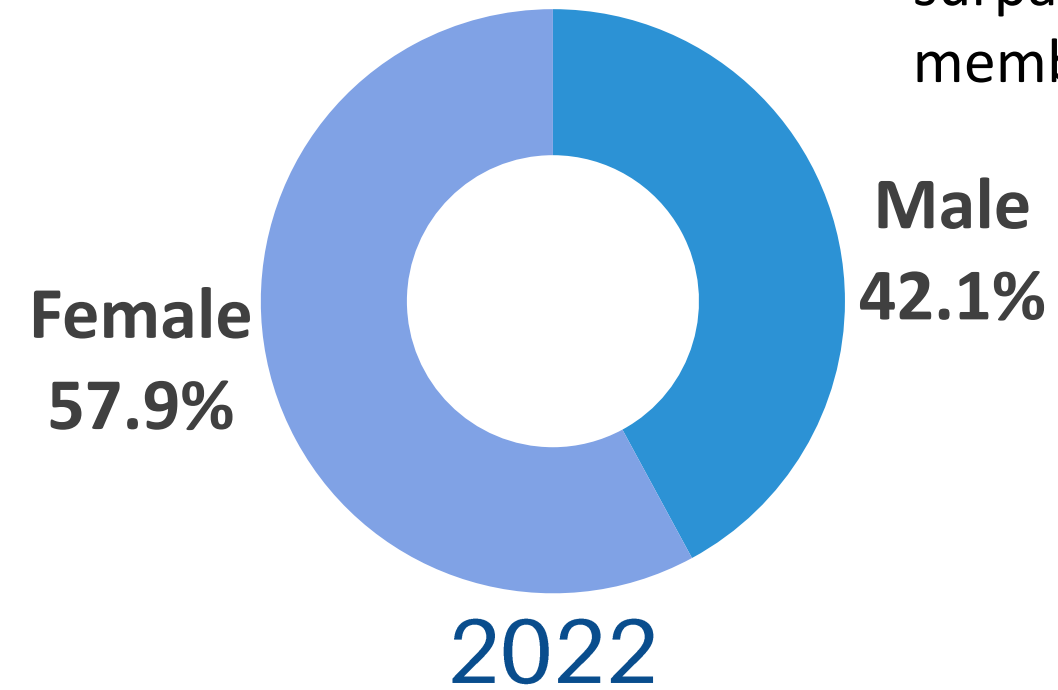
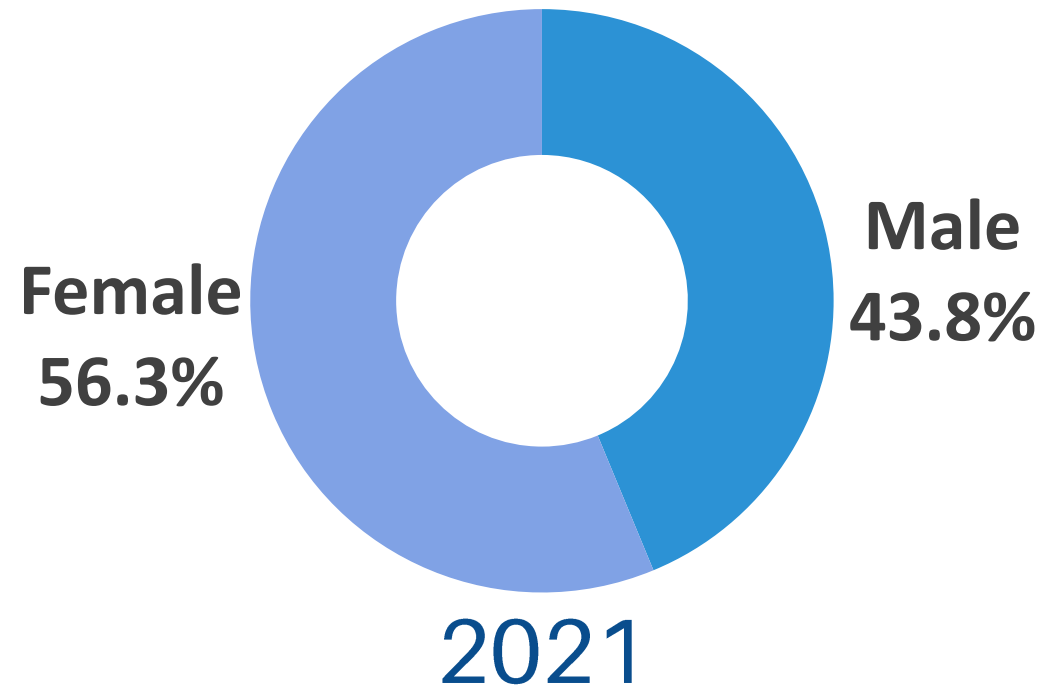
More women access counseling programs generally. However, use by male members has seen steady growth over the last several years.



New Professional Counselling Cases

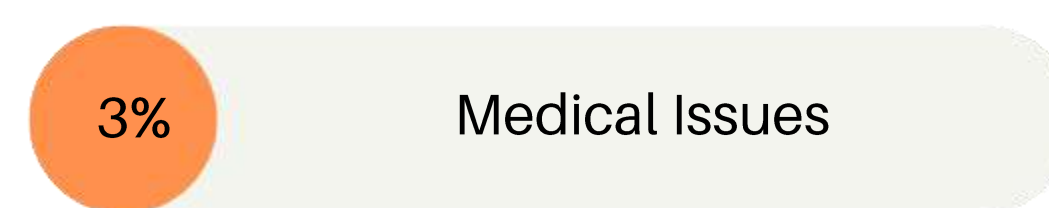
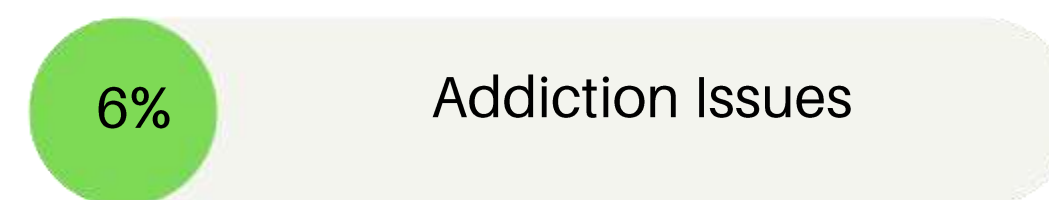
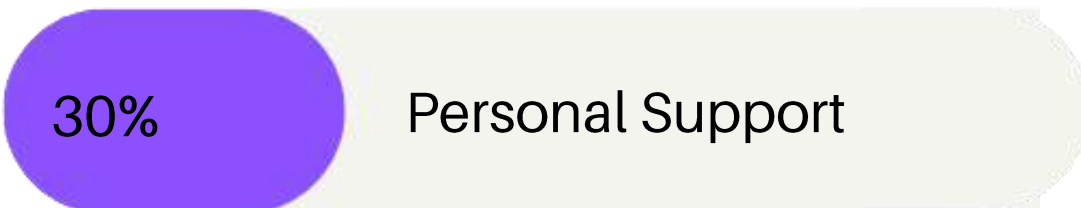
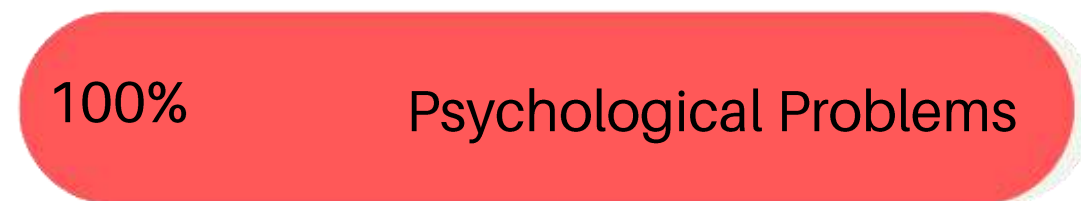
Gender of new family cases 2021-2025

More women access counseling programs generally. However, use by male family members has now surpassed usage by female family members for the last two years.



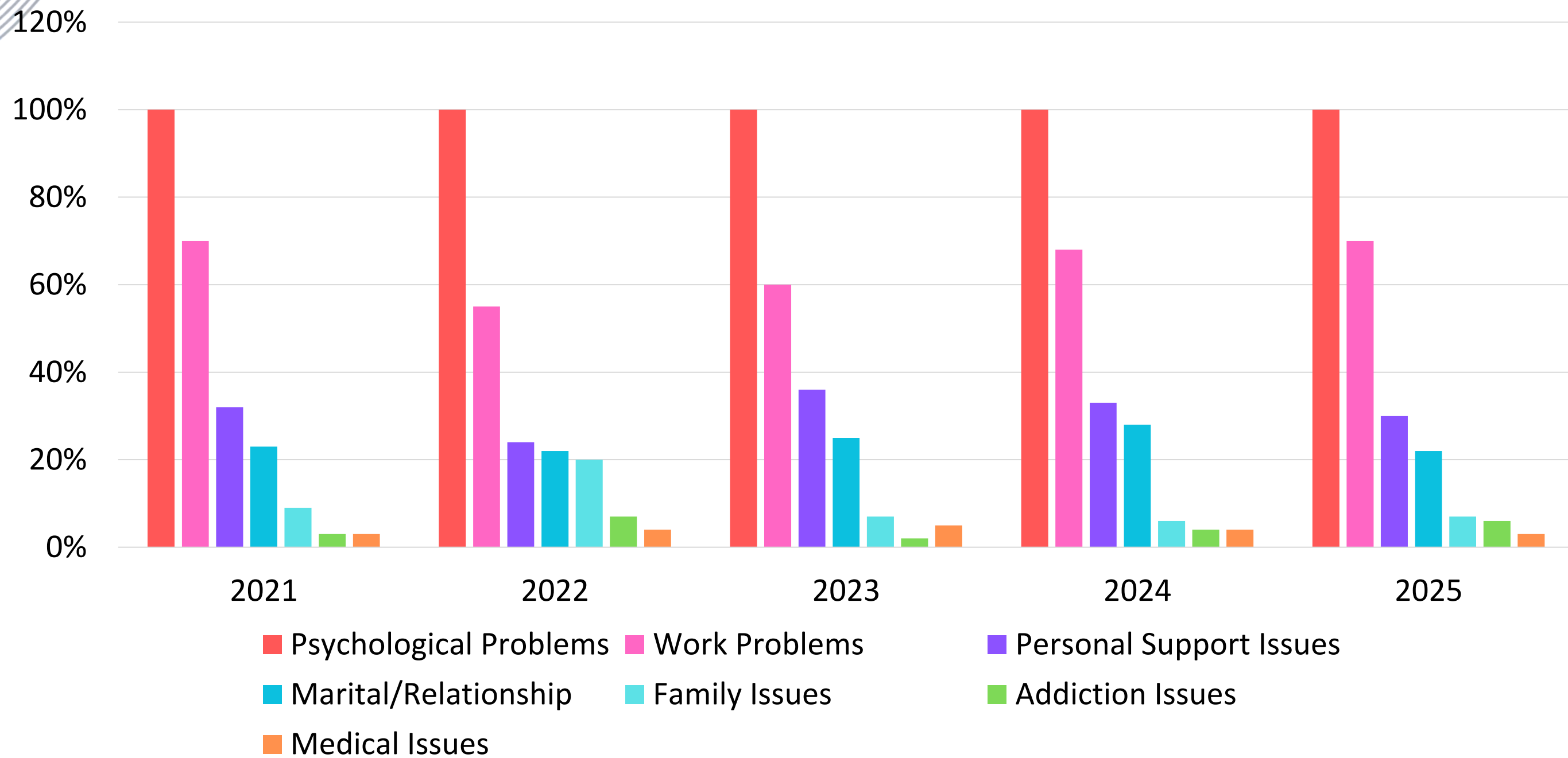
Professional Counselling Cases

Presenting Issues of New Cases 2025



Professional Counselling Cases

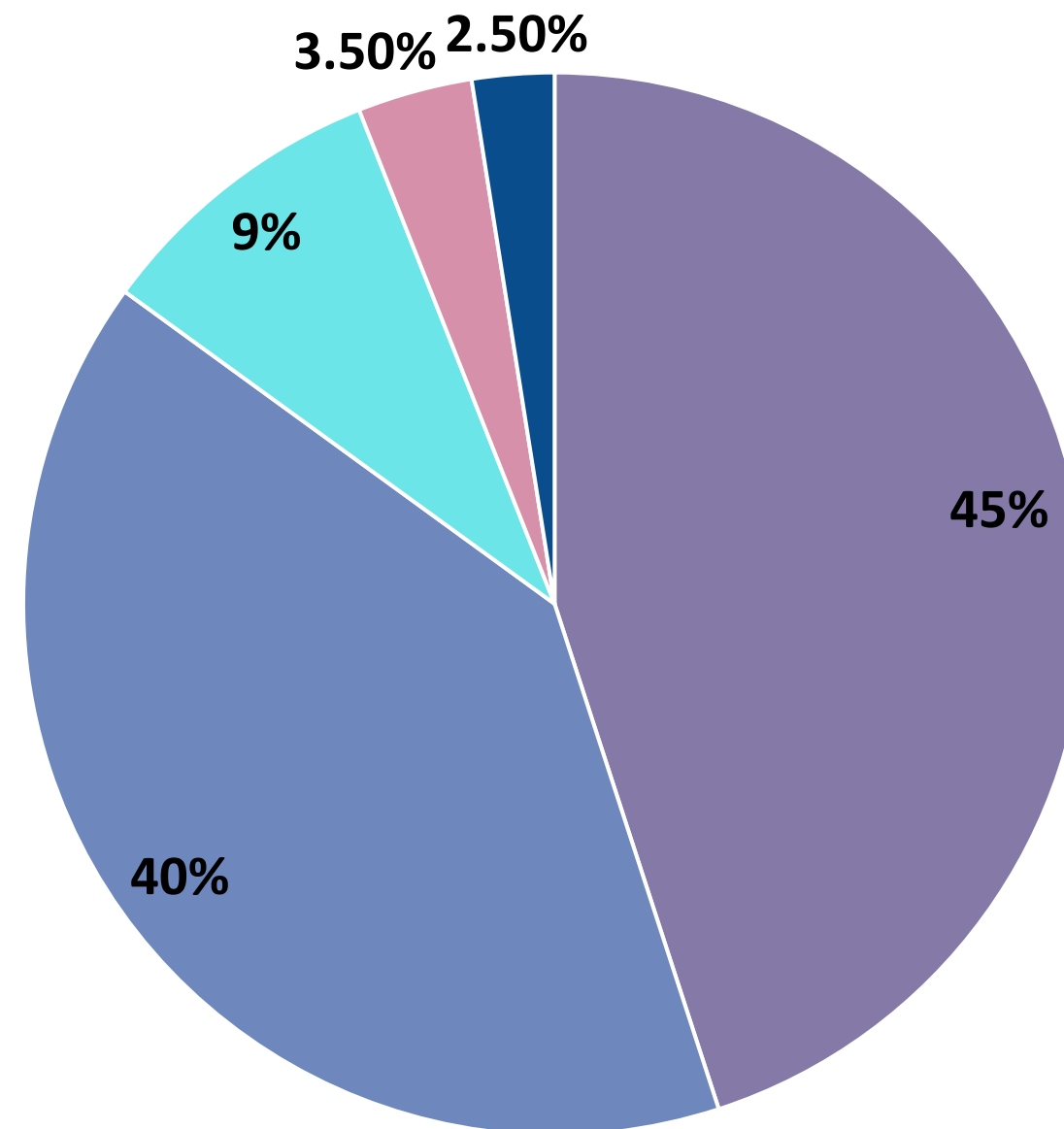
Trends in Presenting Issues (%)



Professional Counselling Cases

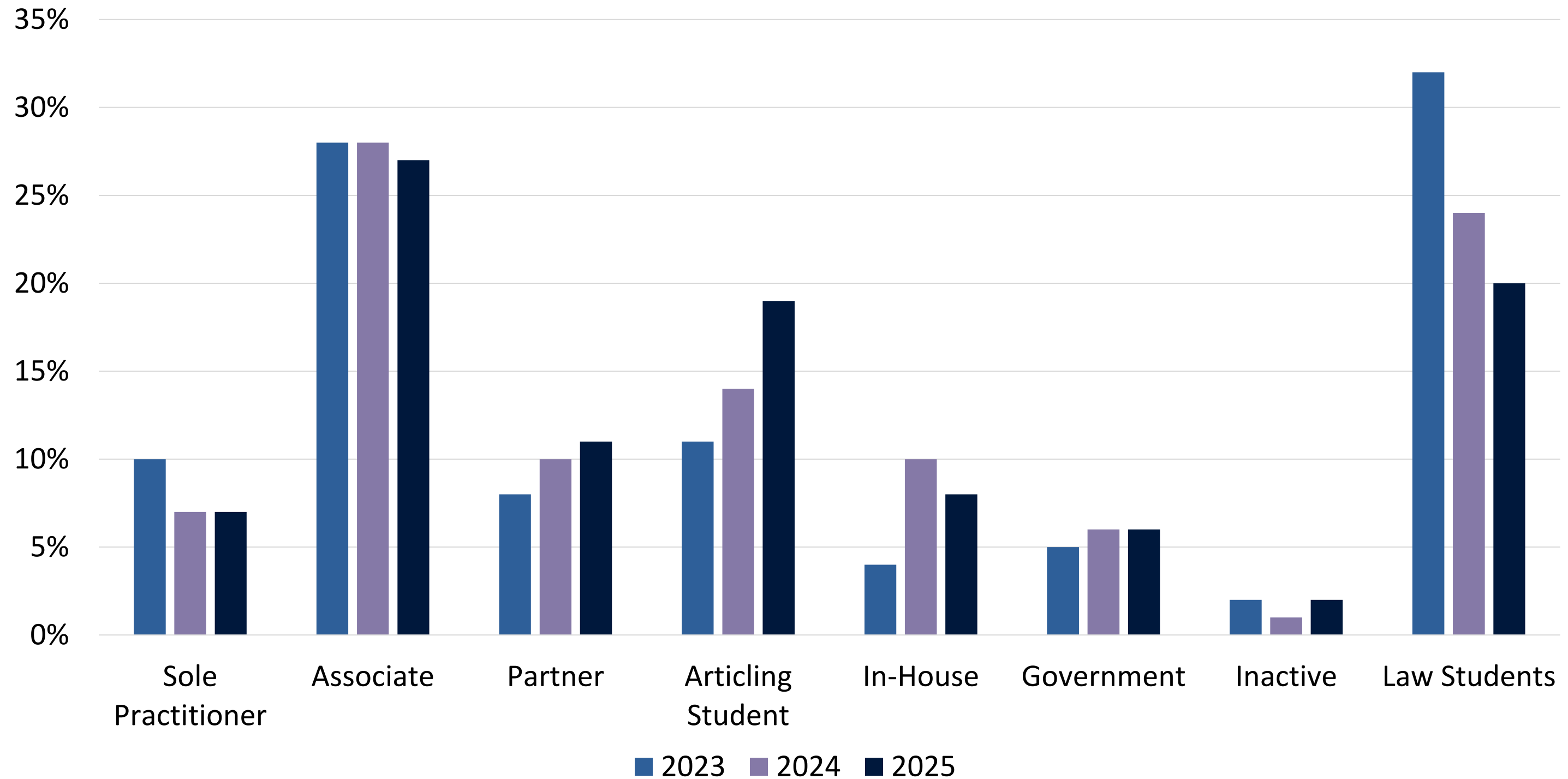
New Cases by Region 2025

- Calgary
- Edmonton
- Northern Alberta
- Southern Alberta
- Nunavut



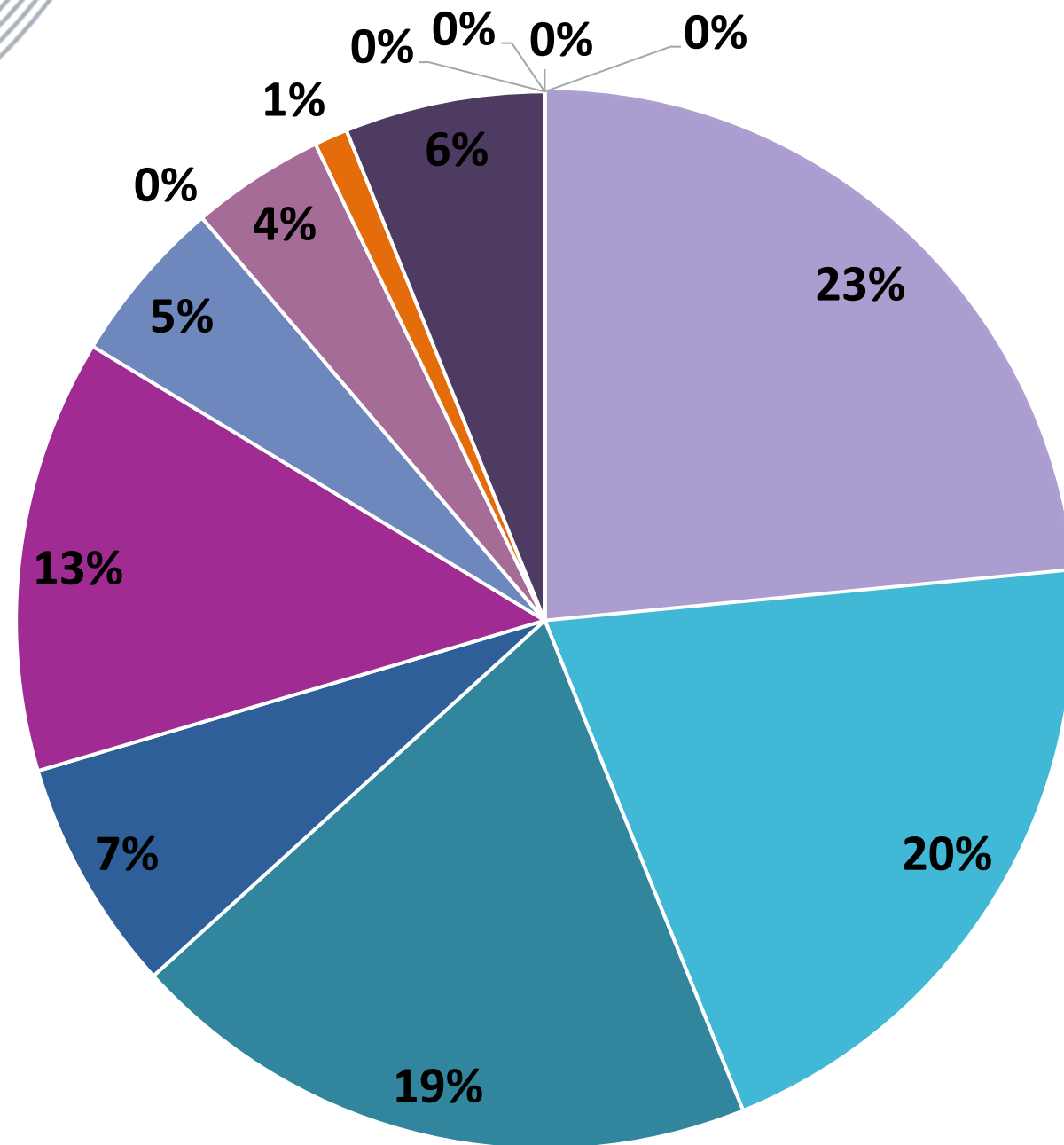
Professional Counselling Cases

New Cases by Practice Rate - 2023, 2024 & 2025



Professional Counselling Cases

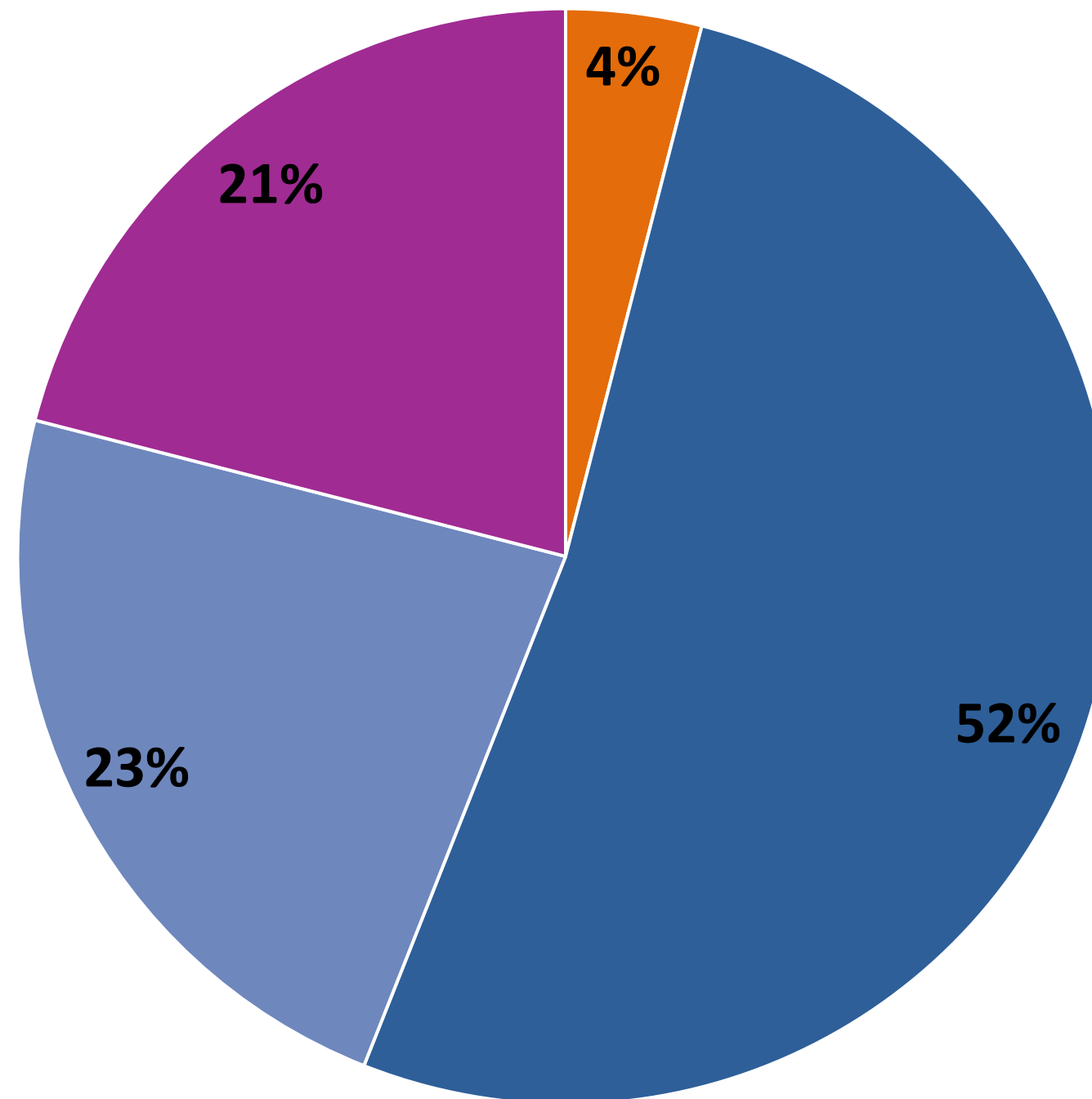
New Cases by Practice Area 2025



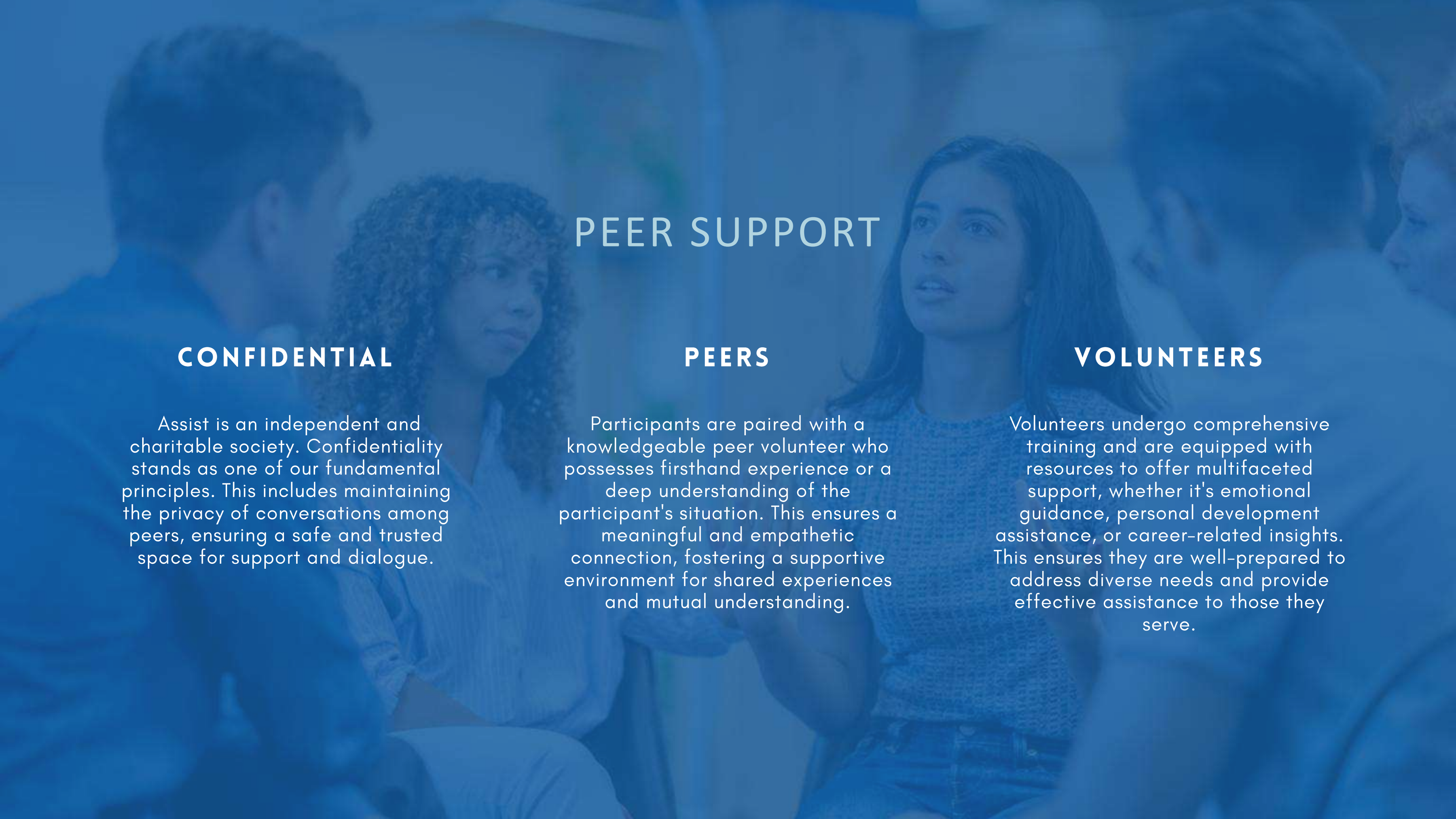
- General
- Litigation
- Family
- Corporate Commercial
- Criminal
- Insurance
- Aboriginal Law
- Public Service
- Wills & Estate
- Real Estate
- Mediation

Professional Counselling Cases

New Cases by Firm Size - 2025



■ N/A ■ 2 - 10 ■ 11 - 40 ■ 40+



PEER SUPPORT

CONFIDENTIAL

Assist is an independent and charitable society. Confidentiality stands as one of our fundamental principles. This includes maintaining the privacy of conversations among peers, ensuring a safe and trusted space for support and dialogue.

PEERS

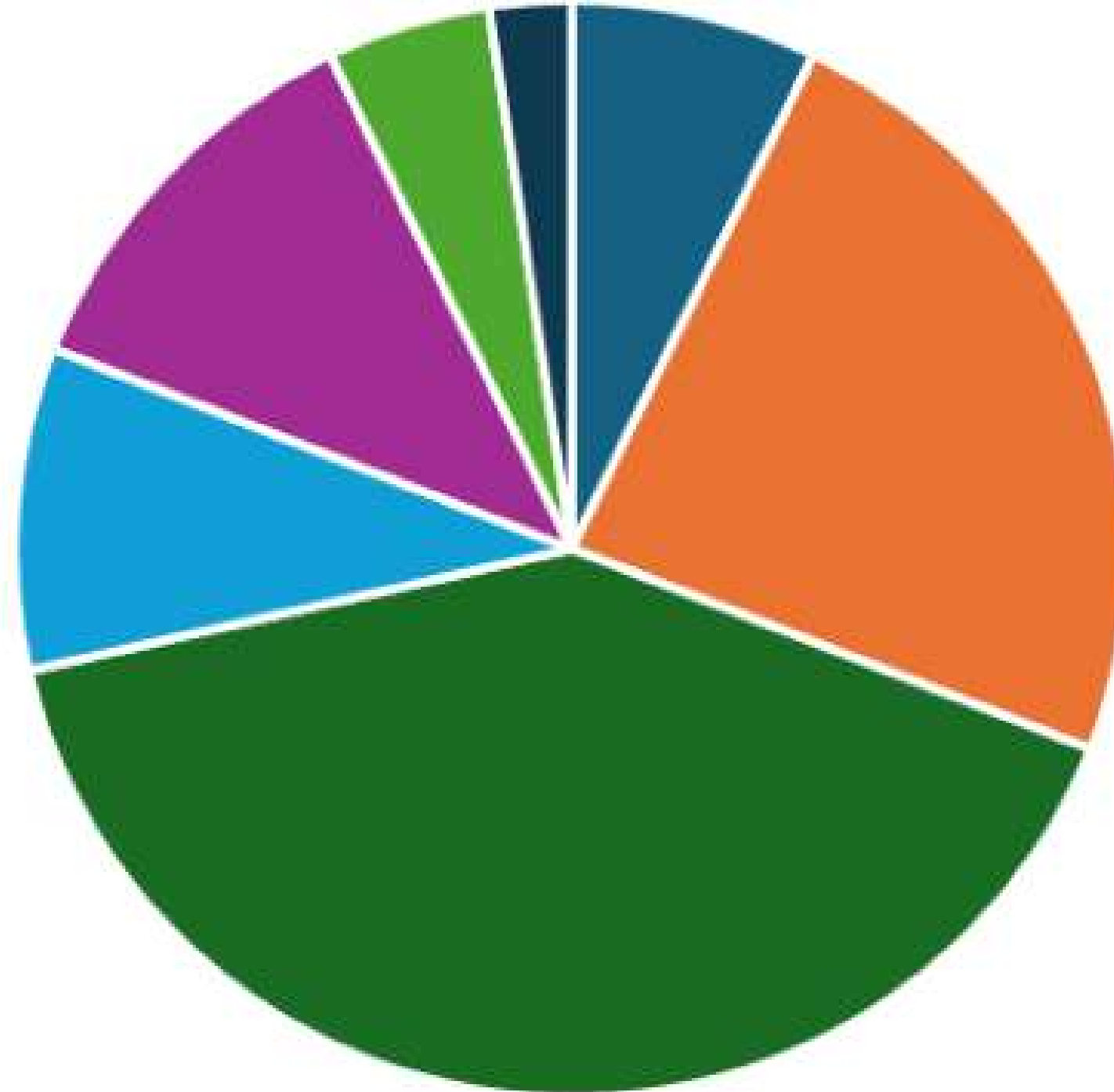
Participants are paired with a knowledgeable peer volunteer who possesses firsthand experience or a deep understanding of the participant's situation. This ensures a meaningful and empathetic connection, fostering a supportive environment for shared experiences and mutual understanding.

VOLUNTEERS

Volunteers undergo comprehensive training and are equipped with resources to offer multifaceted support, whether it's emotional guidance, personal development assistance, or career-related insights. This ensures they are well-prepared to address diverse needs and provide effective assistance to those they serve.

Peer Support Program

Primary presenting issue in 2025 peer support matches

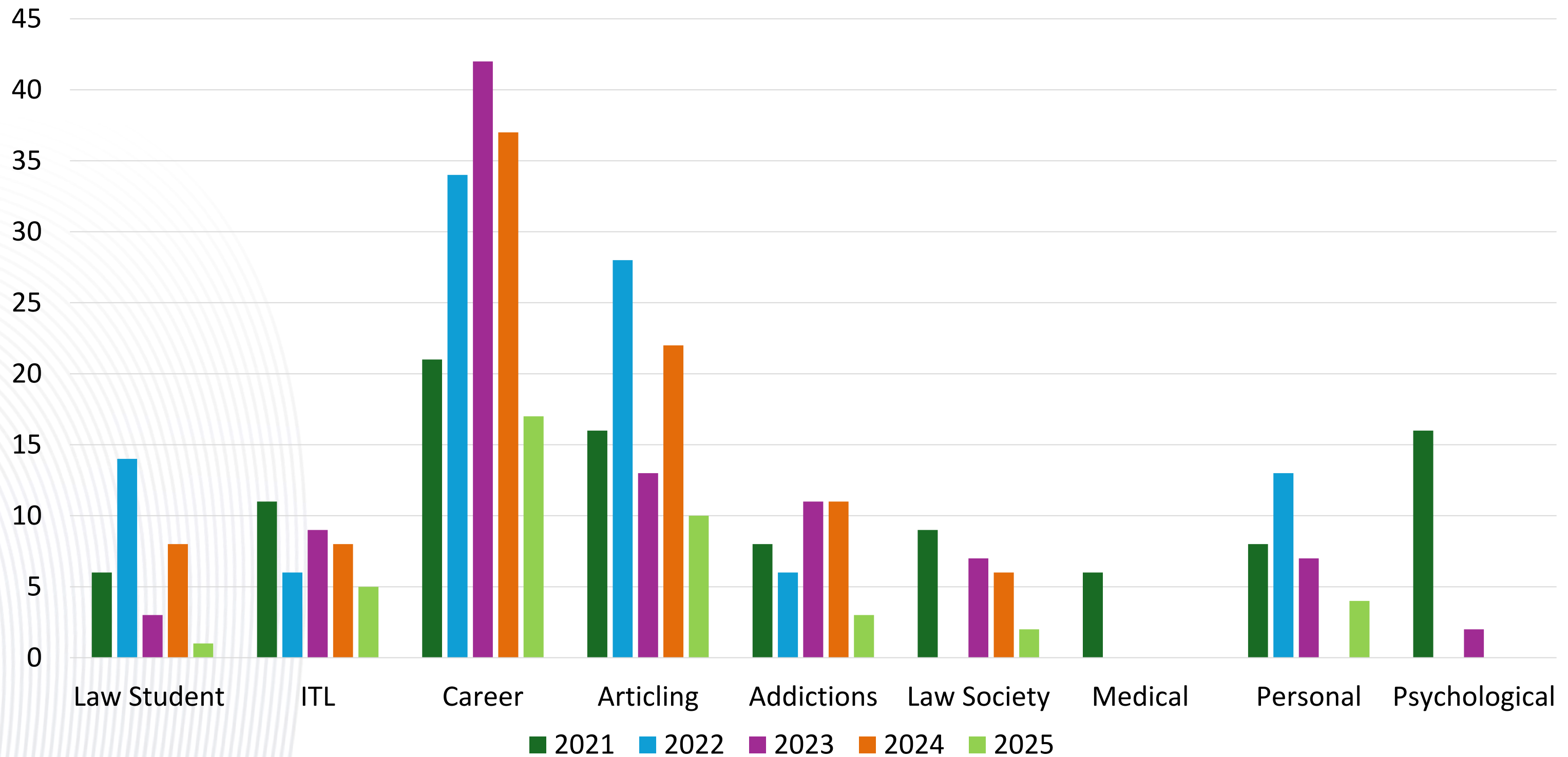


■ Addiction- 3 ■ Articling-10 ■ Career-17 ■ Personal-4 ■ ITL-5 ■ Law society-2 ■ Law student-1

Peer Support Program

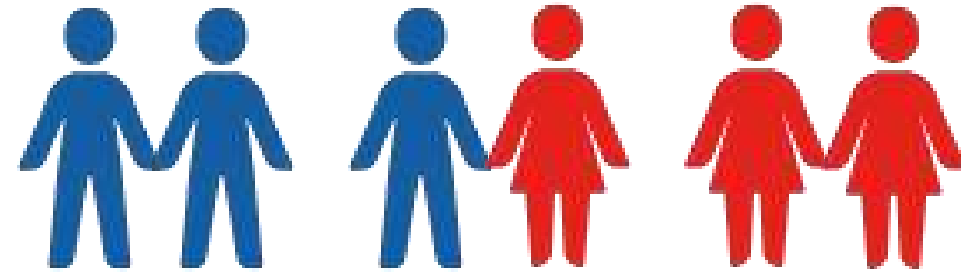
Primary presenting issues in previous years

Primary Presenting Issue 2021 - 2025



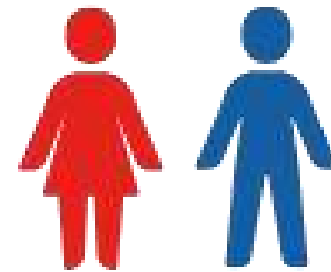
Peer Support Program

Statistics at a Glance



42

Matches in 2025



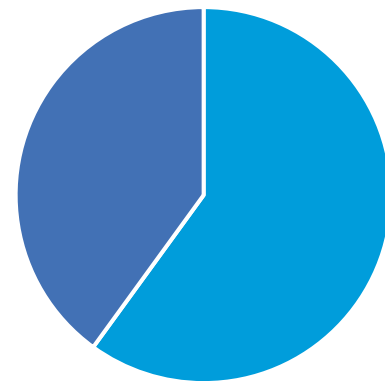
139

Fully-trained volunteers



470

Total matches by the end of F2025



60%

of match requests are female

40%

of matching peers are female

ARTICLING STUDENT REACH-OUT INITIATIVE

How many lawyers use Assist?



Articling is stressful but Assist is here for you with:

- Professional Counselling
- Peer Support
- Education and Awareness
- Community



Cards were mailed to

609

Articling Students

Welcome to the Alberta legal community

Assist wants to help you get your law career off to a good start. We can help you with professional counselling, check-in calls from Peer Support Volunteer Lawyers, or access to our team of Articling Student Peer Support Volunteer Lawyers. Assist volunteers cannot provide legal or financial advice.

- To book professional counselling, please call 1-877-498-6898 (M-F 8am to 4 pm). If you are in crisis, please call 1-877-498-6898 (24/7) and listen closely for instructions.
- To sign up to receive two friendly check-in calls from a peer support volunteer lawyer in January-February and again in April, please email program-manager@lawyersassist.ca. Peer support communications are confidential
- Our Articling Student Peer Support Volunteer Lawyer Roster is enclosed. You can call any of these volunteers if you encounter an issue regarding articling or CPLED or a personal situation where chatting with a lawyer would be helpful. Please call one volunteer only. If you need additional support or have questions, please call Assist's Executive Director, Loraine Champion, at 587-779-7205.

You can learn more about Assist at www.lawyersassist.ca.

We are looking forward to getting to know you if you need us--or if you just want to develop relationships within a caring community of lawyers.

Loraine Champion KC
Executive Director



EDUCATION & AWARENESS

OBJECTIVE

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.

MISSION

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

KNOWLEDGE

Assist maintains a library of educational resources in our [Knowledge Hub](#) on our website. We also provide speakers to law firms, legal conferences, CBA section meetings, CPLED and law schools about lawyer mental health, addiction and well-being strategies.

Education & Awareness

2025 Well-Being in Law Week



Assist

Alberta Lawyers' Assistance Society



Lawyer Well-Being Week May 5 th - 9 th	
Date	Event
Monday, May 5th	12 noon: Red Mug Coffee Circle Join our welcoming online community to discuss issues and support lawyers and student who are seeking their way or making changes in our profession. Register: coordinator@lawyersassist.ca
	6:10 pm for registration, 6:20 pm to 8:35 pm for the workshop (Calgary) CBA-Alberta presents Midnight Talko Drum Workshop. Details and registration are accessible at: https://www.cbapd.org/details_en.aspx?id=ah_ab25lmw01c

Tuesday, May 6th	11:45 am: Mindfulness Session (15 minutes) 12 noon: Law Society Webinar on Toxic Productivity More information and to register for this combined event: #Busy, Busy, Busy – Toxic Productivity in Law: How Does It Happen an... 6:30 for registration, 6:30 to 9 pm for the Workshop (Edmonton) CBA-Alberta presents Kita no Talko Drum Workshop in Edmonton. Details and registration are accessible at: https://www.cbapd.org/details_en.aspx?id=ah_ab25lmw02e
Wednesday, May 7th	12 noon: Assist Yoga (online and in-person in Calgary) Join our free yoga class, led by lawyer and judge yogis. Register: coordinator@lawyersassist.ca All levels of yoga experience are welcome!
Thursday, May 8th	12 noon: Neurodiversity and Law Dr. Brian Forbes, head of Assist's counselling program, will lead this webinar, covering what neurodiversity is, how neurodiverse colleagues can improve team performance, and how firms and peers can support neurodiverse lawyers and students. Register: coordinator@lawyersassist.ca

Friday, May 9th: Personal Well-Being Day

Do Your Own Thing!

We know that everyone wants to wrap up early on Fridays if possible. So, please try a short walk outside, catch up with a friend, enjoy a musical interlude or do whatever feeds your soul. Tag us on social media doing your activity. #lawyer_well-being

Education & Awareness

Community Engagement



HOW TO TALK TO A FRIEND ABOUT THEIR ALCOHOL OR SUBSTANCE USE - A WESTERN CANADIAN WEBINAR FOR LEGAL PROFESSIONALS IN MANITOBA, SASKATCHEWAN, ALBERTA & BRITISH COLUMBIA

Friday, January 24th at 12 noon MST (1 pm CST, 11 am in PST)
 Alberta and Saskatchewan:: RSVP to
program-manager@lawyersassist.ca

If you are concerned about a colleague, a friend or loved one, but do not know how to talk to them about their drinking or substance use, join us for an online panel discussion. Experienced lawyers from Manitoba, Alberta and British Columbia will share their wisdom and experience in navigating important conversations.



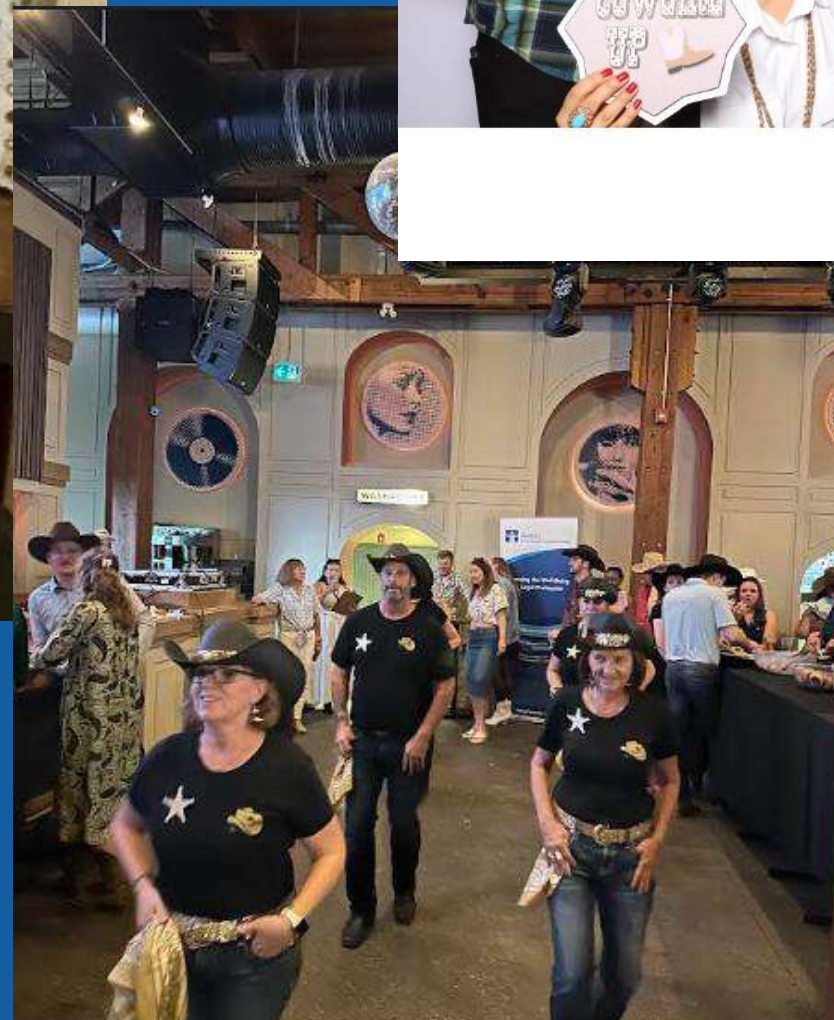
Tiro Clarke



Daman Mander



Brian Hay



Education & Awareness

Community Engagement - Walk For Wellness 2025



Please join Assist for our 2025

WALK FOR WELLNESS

Wednesday, September 17th, 2025 12:15 P.M.
LETHBRIDGE

Meet: Lethbridge Courthouse
320 4 St. S

Walk: From the courthouse, we will be heading towards the Galt Gardens. From there we will make our way towards city hall before finishing our loop back towards the courthouse.

Approximate Distance: 3.1 km (40 minute walk)

RSVP: coordinator@lawyersassist.ca

Lethbridge contact: Ryan Hartford (403)331-2876



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
24/7 CRISIS COUNSELLING: 1-877-498-6898
Professional Counselling Services: 1-877-498-6898
Peer Support Program: 1-877-737-5508



Please join Assist for our 2025

DOG-FRIENDLY WALK FOR WELLNESS

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

EDMONTON

Meet: Join the group at the Muttart Conservatory end of the Tawatiná bridge.

Walk: Across the Tawatiná LRT Bridge, walk along the river and reach Frederick G. Todd Lookout and back. We will hear a short message about Assist and distribute swag.
Approximate Total Distance: 3 km

RSVP: coordinator@lawyersassist.ca

Event Contact - Arman Chak KC - arman@forensic.ca - (587)-937-2040



Leash up and step out! Join us for a tail-wagging break from your desk, soak up the fresh air, catch up with colleagues, and help raise awareness for lawyer well-being. It's good for you, and your four-legged friend will love it too!

Everyone in the legal community is welcome—lawyers (practicing, non-practicing, or seeking accreditation), staff, articling students, and law students! We'll walk together to show that seeking help is a sign of strength.

lawyersassist.ca
24/7 CRISIS COUNSELLING: 1-877-498-6898
Professional Counselling Services: 1-877-498-6898
Peer Support Program: 1-877-737-5508



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



Please join Assist for our 2025

WALK FOR WELLNESS

Wednesday, September 17, 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



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
24/7 CRISIS COUNSELLING: 1-877-498-6898
Professional Counselling Services: 1-877-498-6898
Peer Support Program: 1-877-737-5508

Education & Awareness

Community Engagement - Walk For Wellness 2025 Lethbridge



Assist

Alberta Lawyers' Assistance Society

Please join Assist for our 2025

WALK FOR WELLNESS

Wednesday, September 17th, 2025 12:15 P.M.
LETHBRIDGE

Meet: Lethbridge Courthouse
320 4 St. S

Walk: From the courthouse, we will be heading towards the Galt Gardens. From there we will make our way towards city hall before finishing our loop back towards the courthouse.

Approximate Distance: 3.1 km (40 minute walk)

RSVP: coordinator@lawyersassist.ca

Lethbridge contact: Ryan Hartford (403)331-2876



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

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

Professional Counselling Services: 1-877-498-6898

Peer Support Program: 1-877-737-5508



Education & Awareness

Community Engagement - Walk For Wellness 2025 Grande Prairie



Assist

Alberta Lawyers' Assistance Society

Please join Assist for our 2025

WALK FOR WELLNESS

Wednesday, September 17, 2025
12:15 P.M.

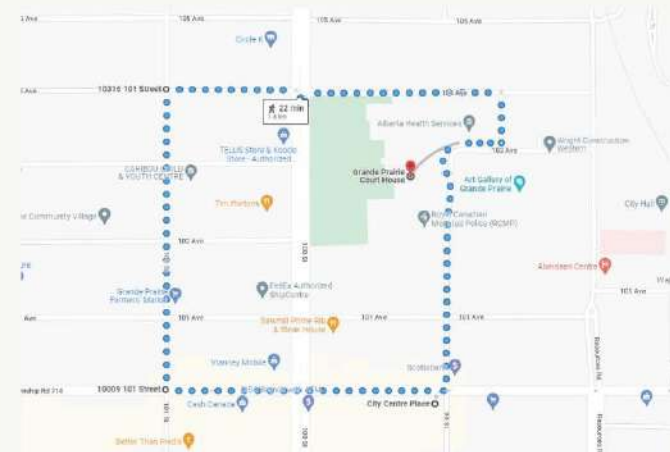
GRANDE PRAIRIE

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



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

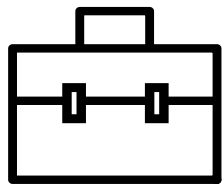
24/7 CRISIS COUNSELLING: 1-877-498-6898

Professional Counselling Services: 1-877-498-6898

Peer Support Program: 1-877-737-5508



Funding in 2025



LAW SOCIETY OF ALBERTA
Our primary funder.
The Law Society funded 91% of our operations in 2025.



CONTRIBUTIONS
Assist supplements its funding with generous donations from the Canadian Bar Association, firms, and individuals, as well as in-kind gifts estimated to be \$80,000 in value.



FUNDRAISING

Assist is a registered charity and raises funds within the Alberta legal community. In 2025, Assist’s main fundraisers were the Mass Mail Campaign, Holiday Card Campaign, and Law Firm Campaign.

Assist Expenses in F2025

Counselling Services

\$405,000

Our Counselling services see the highest usage in November and January.

Promotion, Education & Awareness

\$250,000

We held a volunteer appreciation event and a community dinner in conjunction of our November Board meeting.

Peer Support Management and Activities

\$72,000

We held peer support training in March.

Administration

\$95,000

This amount will increase in the following year. We begin paying rent at our new office in September 2025.

Our Team



Loraine Champion
Executive Director



Marc Adler
Program Director



'Niyi Obadan
Administrative
Coordinator

Thank you to all of our supporters!

In-Kind donors



Law Society of Alberta for continued funding



Jensen Shawa Solomon Duguid Hawkes LLP

JSS Barristers for the generous use of office space and services for nine years. We are ending our tenancy with JSS in April 2024.



Canadian Bar Association for financial and in-kind support



Icona for the provides support & web hosting



Toppan Merrill for our printing needs



MNP LLP for several years of pro bono financial review services

And all of our volunteers and donors too!



Assist

Alberta Lawyers' Assistance Society

CONTACT US



24/7 Crisis Counselling
1-877-498-6898



Professional Counselling Services
1-877-498-6898



Peer Support Program
1-877-737-5508



www.lawyersassist.ca



Facebook:
facebook.com/LawyersAssist



X:
[@LawyersAssist](https://twitter.com/LawyersAssist)



LinkedIn:
Alberta Lawyers' Assistance Society





Assist

Alberta Lawyers' Assistance Society