

# Lawyer Well-Being Week



May 4<sup>th</sup> - 8<sup>th</sup>, 2026

**MON  
4**

## **12 Noon: Red Mug Coffee Circle**

Be part of a supportive online community where lawyers and students connect, discuss challenges, and navigate change in the profession.

**Register:** [operations@lawyersassist.ca](mailto:operations@lawyersassist.ca)

## **12 Noon: CBA presents - Grief Literacy in the Workplace**

Explore current understandings of grief and loss, and introduces practices that help individuals, leaders, and communities respond in healthier and more compassionate ways.

**More Info:** [https://www.cbapd.org/details\\_en.aspx?id=ab\\_ab26lmw01o](https://www.cbapd.org/details_en.aspx?id=ab_ab26lmw01o)

**TUES  
5**

## **12 Noon: Mindfulness Session (15 Minutes)**

Join our weekly mindfulness session designed to help you slow down, become more present, and reconnect with the here and now.

**Register:** [operations@lawyersassist.ca](mailto:operations@lawyersassist.ca)

## **1:30 PM: CBA presents - The Power in Being Present**

Evaluate mindfulness as an evidence-based strategy to turn an overwhelming workday into a manageable one. Uncover common mindfulness myths and leave with realistic, time-efficient techniques to integrate this approach between files and keep your practice sustainable for you.

**More Info:** [https://www.cbapd.org/details\\_en.aspx?id=bc\\_bc26car01w](https://www.cbapd.org/details_en.aspx?id=bc_bc26car01w)

**WED  
6**

**12 Noon: Assist Yoga (online or in-person in Calgary)**

Join our free yoga class, led by lawyer and judge yogis. All levels of yoga experience are welcome!

**Register:** [operations@lawyersassist.ca](mailto:operations@lawyersassist.ca)

**12 Noon: CBA presents - Menopause and Lawyering**

Join us to learn about menopause, ask questions, and consider its impact on your practice and the workplace.

**More Info:** [https://www.cbapd.org/details\\_en.aspx?id=bc\\_bc26car01w](https://www.cbapd.org/details_en.aspx?id=bc_bc26car01w)

**1:30 PM CBA presents - AI & Mental Health in the Legal Profession: Balancing Tech and Well-Being**

This webinar dives deep into the dual impact of technology on lawyer well-being—exploring how AI can reduce stress and improve balance, while also uncovering the risks that could harm mental health if left unchecked.

**More Info:** [https://www.cbapd.org/details\\_en.aspx?id=ab\\_ab26lmw01o](https://www.cbapd.org/details_en.aspx?id=ab_ab26lmw01o)

**THURS  
7**

**12 Noon: Psychological First Aid with Dr. Forbes**

Join Dr. Forbes for a practical introduction to Psychological First Aid, with tools to support well-being during times of stress.

**Register:** [operations@lawyersassist.ca](mailto:operations@lawyersassist.ca)

**5:45 PM: CBA presents - Moving Beyond the Stigma**

A healthier legal culture depends on open dialogue, as many lawyers share similar struggles with mental health despite the pressure to stay silent. Honest conversations can reduce isolation and support better well-being across the profession.

**More Info:** [https://www.cbapd.org/details\\_en.aspx?id=bc\\_bc26car01w](https://www.cbapd.org/details_en.aspx?id=bc_bc26car01w)

**FRI**  
**8**

**Outdoor Walk**