

Assist's 2026 Hand to Hand Evening: Flourishing Lawyers

Frequently Asked Questions

Join us for a one-of-a-kind celebration of lawyer creativity and well-being! This is not a traditional legal community fundraiser with linen tablecloths and napkins. We will be immersed in a creative space to:

- Explore how creativity can build resilience and enhance our practices, led by Heidi Brown, law professor and author of *The Flourishing Lawyer: A Multidisciplinary Approach to Performance and Well-Being*.
- Celebrate lawyer artists, musicians and authors
- Enjoy creative food from the Ampersand food truck incubator
- Indulge in an art auction of exciting works donated by Alberta judges and lawyers

1. What is Assist?

Assist is a registered charity (registration number N 876020501 RR 0001) with the mission of

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.

You can learn more about us and our programs which give effect to our mission at www.lawyersassist.ca

2. What are you raising funds for?

Assist receives baseline funding through the Law Society of Alberta's third party funding program, but we are required to fundraise from the legal community in order to deliver proactive programs. Raising funds from lawyers and law firms builds awareness about Assist and it also show that Alberta lawyers support what we do.

3. What is Assist's relationship with the Law Society?

Assist is a society incorporated under the Societies Act (Alberta) with an independent board of directors. However, the Law Society recommends a representative to be elected to our board as part of their stewardship process. The current Law Society representative is Deanna Steblyk, KC.

Assist does not provide any information to the Law Society other than what is publicly available on our website other than budget and financial data. We do not

disclose any personal information about users of our program in accordance with lawyers' and psychologists' codes of conduct.

4. So, what will happen at this event?

Individuals who purchase tickets will be welcomed into The Ampersand lobby beginning at 6 pm to enjoy networking time featuring cocktails/mocktails, an amazing array of delectable food and the opportunity to view lawyer and judge creativity tables.

You will enjoy a full meal plus dessert and two drink tickets, and we will wrap by 9 pm.

Works of art created by Alberta judges and lawyers will be showcased, and lawyer-authors will host tables featuring their published writings. Lawyer-musician performances will infuse the evening.

At 7 pm, we will gather in The Ampersand's stunning amphitheatre for the formal program. Guests will sit on special event cushions on the risers or in adjacent seating areas. If you require seating accommodations, please contact

We will learn about Alberta lawyer well-being and how Assist supports lawyers being, staying and becoming healthy.

We will hear a keynote presentation from Professor Heidi Brown, New York Law School and author of *The Flourishing Lawyer: A Multi-Dimensional Approach to Performance and Well-Being* <https://www.thefourishinglawyer.org/>. Professor Brown will have copies of her four books available for purchase.

The formal program will include musical interludes featuring Alberta lawyers and students (and judges).

And the program will conclude with a live auction of works of art created by Alberta lawyers and judges, so please bring your (electronic) chequebook. Card packages featuring these works of art will be available for purchase.

Additional "put the fun in fundraising" activities will occur throughout the evening.

Food and beverage stations will close at 8:30 pm.

You will be welcome to continue to visit with your colleagues and guests after the auction, but the event will conclude at 9 pm.

5. Where can I park?

We cannot access parking underneath The Ampersand building, but the Harmony Parkade (formerly the James Short Parkade) is across the street at 115 4 Ave SW. Street parking may also be available.

6. Why is this event in Calgary and not Edmonton?

Assist's Hand to Hand events alternate between Edmonton and Calgary. Our 2024 Hand to Hand was in Edmonton on October 3, 2024.

7. Will I receive a tax receipt for any part of the ticket price?

When you purchase a ticket for a fundraising event, the only portion of the ticket price which is eligible for receipting is the difference between the price paid and the actual cost of the benefit that the purchaser receives (i.e., the cost of food, beverages, extras etc.). We will not be able to calculate the amount eligible for receipting until after the event.

8. I can't attend but would love to supply a ticket to someone who couldn't otherwise go.

This is a wonderful idea. You can make a donation in the amount of the ticket price (\$175 for junior lawyers before January 16th and \$200 afterwards, and \$50 for students) and we will issue tickets to a student or junior lawyer.

9. Do you have reduced ticket price options for law students, articling students and junior lawyers?

Yes, the ticket price for students (both articling and law school) is \$50 per ticket and the ticket price for lawyers in their first five years of practice is \$150. We will issue these tickets on the honour system. Our Canada Helps ticketing page includes this special pricing option.

10. Our firm would like to sponsor this event—how can we get more information about sponsorship opportunities?

Please call the Assist office at 1-877-737-5508 or email coordinator@lawyersassist.ca.

