

May 2014



A MESSAGE FROM MAYOR NENSHI

On behalf of the citizens of Calgary and my City Council colleagues I am pleased to welcome you to the inaugural *Hand to Hand* fundraising dinner in support of Assist (The Alberta Lawyers' Assistance Society).

It is appropriate that this event takes place during Mental Health Awareness Week. For too long, people have been hesitant to ask for help, afraid of the stigma that often appears when one admits that they may no longer be in control. In the legal profession this admission can be particularly difficult, and it is important to have the proper resources to support those in need.

One way to minimize the stigma is to talk about these issues, and tonight's speaker has played a large role in making it easier for Canadians to discuss their own challenges in an open and honest way. Senator Roméo Dallaire's story is one of courage and humility; we are fortunate that he is here to share it with us.

I commend Assist, its Executive Director and Board of Directors for all of their work in bringing the legal community together tonight in support of this organization. But perhaps most importantly, I want to acknowledge everything they do throughout the year to support members of the legal profession.

Sincerely,



Naheed K. Nenshi
MAYOR