



The Alberta Lawyers' Assistance Society (Assist)

Assist is a charitable society providing help to lawyers, law and articling students, and their families with personal issues.

Our goal is to prevent crisis and keep lawyers and law students happy and healthy. Assist is governed by an independent Board of Directors. Confidentiality is the corner stone of our programs and services.

FREE CONFIDENTIAL SERVICES

Professional Counselling

Assist provides up to four hours of professional counselling to you and your family. This time is given to each family member, per issue, per year, so that problems can be assessed and referrals made to long-term sources of help, if necessary. Our counsellors are located across the province, and are available for emergencies.

Peer Support

This is a program of lawyers helping lawyers. The goal is to develop a relationship of trust and confidentiality with another lawyer who relates to your experiences, providing encouragement and hope.

Resources

Assist offers information on various topics such as Career & Education, Physical & Mental Health, Work-Life Balance, Stress Management, and Overcoming Addictions.

VOLUNTEER OPPORTUNITIES

Peer Support Program

Join a network of support through lawyers helping lawyers. You will have the opportunity to provide one-on-one personal or career-related support. You will receive training outlining your responsibilities and required skills in offering peers help, encouragement, and referrals to appropriate resources.

Committees

Assist is supported by working committees. You will be able to contribute your background and skills to any one of these committees, such as Communications, Funding, Succession Planning, Law Schools, and Peer Support.

Representatives

Assist speaks at workshops and events, publishes a quarterly on-line newsletter, offers a website with resources, and contributes to various publications. Your contribution is welcomed.

Contact Information

For immediate help call **1 877 498 6898** (toll free) from anywhere in Alberta.

For more information on Assist's services and to access our online resources, visit our website at:

www.albertalawyersassist.ca

To speak with someone at Assist about our services or volunteer opportunities,

Call **403 537 5508** or **1 877 737 5508**.



Resources for Women in Law

Quick Links to Online Resources

- [How to Retain Top Female Talent & What Women Should Look for in a Law Firm](#)
- [What Law Firms Can Do to Stop the Exodus of Women](#)
- [Maternity Leaves and Parental Issues: Taking the Long-Term View](#)
- [Paternity Leave for Lawyers in Canada - Two Solitudes](#)
- [Successfully Juggling Work and Family: Tips for Lawyers](#)
- [Work/Life Balance? Let's Get Flexible First](#)
- [Work-Life Balance Resource Centre for Women](#)

Sponsorship & Mentoring

"While mentors may be seen as career developers, sponsors are considered to be career accelerators."

Top Tips for Attracting a Sponsor:

1. Develop a reputation as a respected colleague. Be reliable, flexible, and friendly.
2. Prepare an elevator speech about current projects you're working on and the value you're adding.
3. Manage your career – take time to evaluate your skills, growth, and interests. Know where you want to go. Ask for feedback and follow it.
4. Aim for multiple sponsors with different views.
5. Keep sponsors up to date with accomplishments, and remember to thank them for efforts.
6. Be aware that your actions reflect on you and your sponsor.

* As adapted from: [Women in Leadership - Sponsorship](#)

Online Blogs

- [SLAW: ... And the Women Lawyers Still Leave](#)
- [SLAW: The Changing Face of Maternity Leave](#)
- [SLAW: Simple Steps to Support Women Lawyers Returning from Maternity Leave](#)

Organizations & Mentoring Programs

- [AWL: Association of Women Lawyers](#)
- [CBA Alberta Branch: Mentor Program](#)
- [Lilith Professional: formal mentoring to retain and advance Western Canada's top female professional talent](#)
- [WILL Awards: Women in Law Leadership Awards](#)
- [Women Law Forum: University of Alberta Law Student Association](#)

News Articles

- [Calgary Herald: Mentoring Program Seeks to Stem Tide of Female Lawyers Leaving Profession](#)
- [Calgary Herald: Power of Attorney – Story on Women in Law Leadership Award winner](#)
- [Financial Post: Young Women in Law Helps Lawyers Find a Balance](#)
- [Financial Post: Labour Market Conditions Improving for Young Women, Study Says](#)
- [Financial Post: Best Canadian Law Firm for Women Second Year in a Row](#)

Alberta Lawyers' Assistance Society

Professional Counselling

For you and your family members
(4 hours, per person, per issue, per year)

Peer Support

Education

Resources

www.albertalawyersassist.ca