



Peer Support

Lawyers Helping Lawyers: Providing peer support for Alberta lawyers to address personal and professional issues in a safe and confidential environment.

The Alberta Lawyers' Assistance Society (**Assist**) offers lawyers and articling students a chance to receive and offer support through a Peer Support program.

What is the Peer Support program?

- Peer Support occurs when someone shares their knowledge and experience, whether practical, emotional or social, to help another person.
- Peer Support is a voluntary service offered through **Assist** that can be used on its own or in conjunction with professional counselling services.
- Peer Support is confidential, within transparent legal & ethical boundaries, in all situations.
- All interactions are discreet, confidential, and respectful.

Upcoming Training Dates:

Edmonton: Saturday January 14, 2012
9:00 am to 1:00 pm

Calgary: Saturday January 21, 2012
9:00 am to 1:00 pm

Assist is always accepting applications for Peer Support volunteers. Please contact Carolyn McCartney for an application form.

What can I expect as a volunteer?

- An opportunity to help lawyers who are in need of emotional, personal, or career-related support.
- Training outlining your responsibilities and developing skills as a Peer Support Volunteer.
- A chance to offer support, encouragement, and referral to appropriate resources.
- The ability to accept or decline peer support matches depending on your comfort level and previous experiences.
- A network of support through **Assist's** Peer Support program and Professional psychological services.

How do I get involved?

Participant: Call Carolyn McCartney, Peer Support Program Coordinator at 403 537 5508 or toll free, 1 877 737 5508. Carolyn is willing to listen and will arrange a Peer Support match.

Volunteer: Visit our website for an online application at www.albertalawyersassist.ca or call Carolyn McCartney, Program Coordinator at 403 537 5508 or toll free, 1 877 737 5508.