



Peer Support Program

The Peer Support program matches a judge, lawyer or law student seeking help with a peer that understands the person or problem. Peer Support is a free and confidential program where a volunteer lawyer offers practical, emotional, and social support to a peer.

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 legal & ethical boundaries, in all situations.
- All interactions are discreet, confidential, and respectful.

What can I expect as a participant?

- After contacting Assist, you will be quickly matched with a Peer Support volunteer who has shared a similar experience or who can relate to you.
- Your Peer Support match will be available to talk, share resources, and attend support meetings with you.
- You can shape the Peer Support relationship based on your needs, while maintaining respect for personal boundaries (there is no minimum or maximum amount of interactions).
- A relationship of trust and confidentiality with someone who can relate to your experiences.

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 403 537 5508 or toll free, 1 877 737 5508. We are here to listen and will arrange a Peer Support match.

Volunteer: Visit our website for an online application at www.albertalawyersassist.ca or call 403 537 5508 or toll free, 1 877 737 5508 to sign up for the next training session.



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**.