

CBA Well-Being Programs

2022 / 2023



THE CANADIAN
BAR ASSOCIATION



The CBA does its best to promote the lawyer assistance programs available to legal professionals across the country. We believe this work is vital to the legal community and would encourage you to [let us know](#) of any programs that the CBA can further promote.

We also invite you to share information about any of the CBA’s Well-Being programs. Here is a list of some of the programs we are working on this year.



Dear Advy Column

The CBA launched its monthly advice column Dear Advy in January 2021. The legal community can submit anonymous questions about health and overall well-being as it relates to the profession. Advy provides well-meaning, well-being advice for the chosen questions as well as links to provincial programs and other helpful resources. [Catch up on Dear Advy’s column now.](#)



The Well-Being Hour Series

CBA’s Well-Being Hour series focuses on the current challenges and overall well-being issues that many in the legal community face. New videos are added throughout the year and focus on everything from resilience training to vicarious trauma. [See the list of available programs](#) or watch a [teaser trailer](#) from the latest program.



Mental Health and Well-Being in the Legal Profession

The CBA offers an in-depth online course on mental health and wellness. The CBA teamed up with the Mood Disorders Society of Canada and Bell Let’s Talk to create an online learning resource that helps legal professionals recognize the signs and symptoms of mental health issues and addiction. [Learn more about this free, accredited program.](#)



Lawyer Assistance Program Provider Meetings

Each May, the CBA Well-Being Subcommittee invites provincial Lawyer Assistance Program providers to a series of virtual meetings with themes drawn from Well-Being Hour programs. If there are members of your team that would benefit from attending these meetings, [please let us know](#), and we will add them to the list!



CBA’s Well-Being program is only possible because of the generous support we receive from CBIA | Lawyers Financial and we are so grateful for their support. [Learn about CBIA | Lawyers Financial.](#)