



MENTAL HEALTH WEEK 2023

Mental Health Week was established in 1951 by the Canadian Mental Health Association. It is observed annually during the first full week of May. This year, Mental Health Week is May 1 – May 7, 2023.

The Canadian Bar Association – Alberta Branch (CBA Alberta) and the Alberta Lawyers' Assistance Society (Assist) encourage all legal professionals to make well-being a priority.

Here are some activities to help you get started during Mental Health Week 2023:

Monday, May 1, 2023

- [Red Mug Coffee Circle](#), hosted by Assist

Tuesday, May 2, 2023

- [Lunchtime mindfulness/meditation](#), hosted by Assist

Wednesday, May 3, 2023

- [Hybrid Yoga](#), hosted by Assist

Thursday, May 4, 2023

- [Re-Setting the Wellness Connection Between Mind and Body](#)
Speakers: Dr. Larry Krieger and Theresa Revell Krieger
Presented by CBA Alberta