



Mental Health and the Law: Resilience in a High Paced Profession

Mental health and resiliency are important discussions in our world today. As the push for awareness continues, so does the understanding that mental health is an integral part of maintaining a productive and healthy lifestyle. Lawyers practice in high stress environments which can contribute directly to mental health struggles. This seminar will offer the participant insight into the stigma of mental health in the practice of law, information on available mental health resources, and education on building tools to be resilient.

Register early to secure your spot!

The Law Society of Saskatchewan and CBA Saskatchewan have collaborated to offer this informative seminar with a focus on mental health in the practice of law. The morning will begin with a panel discussion from local practitioners who will speak to the stigma of mental health in the profession. The bulk of the day will feature interactive sessions from resilience training company SKY3 (Start Knowing Yourself) who will work with attendees to build skills necessary to stay resilient in the face of adversity and stress. The seminar will end with information on local resources available for lawyers dealing with mental health.

SKY3 is a non-profit training and development company created to serve veterans in transitions, at-risk teens, and other organizations in Columbia, South Carolina and surrounding communities. Stan, the founder and owner of SKY3, holds a M.B.A with a Bachelor's in Organizational Psychology. Nichele Nicole (Nikki) Johnson holds both a Bachelor's and Master's degree in Education with a minor in Psychology. They have both retired from the U.S. army and continue to instruct at the U.S. Army Master Resilience School at Fort Jackson.

Saskatoon

Tuesday
June 4, 2019
TCU Place

9:30 a.m. to 4:45 p.m.
(Registration 9:00 a.m.)

Regina

Wednesday
June 5, 2019
Ramada Plaza

PROGRAM

- 9:00 Registration**
- 9:30 Panel Discussion: The Stigma of Mental Health in Law**
Ronalda Nordal, Q.C.
Nordal LeBlanc Law Office
Thomas Le
Butz & Company
- 10:30 Refreshment and Networking Break**
- 10:45 Resilience Training**
Stan Johnson
Nikki Johnson
SKY3
- 12:15 Lunch Break**
- 1:00 Resilience Training**
Stan Johnson
Nikki Johnson
- 2:30 Refreshment and Networking Break**
- 2:45 Resilience Training**
Stan Johnson
Nikki Johnson
- 3:45 Refreshment and Networking Break**
- 4:00 Resources for Lawyers: Where to Look**
Lawyers Concerned for Lawyers
Homewood Health
Marilyn Poitras
University of Saskatchewan
- 4:45 Adjournment**

General Information

We reserve the right to change speakers, modify the program schedule, and/or revise content if necessary. In the unlikely event that the Law Society of Saskatchewan is forced to modify its program schedule, registrants will be notified.

Please attend the registration table at the seminar to sign in.

Confirmation of registration will not be provided as we prefer not to pass on the added expense to our registrants.

Note: Invoices and receipts will not be provided unless requested. This registration form is your invoice. Your cancelled cheque is your receipt; however, for credit card payments your receipt will be mailed.

We endeavour to make our activities available for all members. Please feel free to contact us if you require any specific accessibility accommodations.

Cancellation Policy

Notification of cancellation must be in writing and received by 4:00 p.m. two (2) days prior to the seminar resulting in a \$20.00 (plus GST) cancellation fee. **Non-compliance** will result in forfeiture of the entire registration fee. **Non-attendance** does not constitute cancellation. Upon receipt of a written request, consideration will be given for non-attendance caused by illness or weather conditions.

Registration Form

Mental Health and the Law Resilience in a High Paced Profession (CPD 227)

Please register me:

Saskatoon: Tuesday June 4, 2019
TCU Place
35 - 22nd Street East

Regina: Wednesday June 5, 2019
Ramada Plaza
1818 Victoria Avenue

Registrations will only be accepted until 4:00 pm two (2) days prior to the seminar. Space is limited so register early.

Registration includes course materials and refreshments. Lunch is included.

The seminar materials will be available digitally only. Registrants will receive links to all materials prior to the seminar and will be responsible for either printing the materials or bringing a device on which to view them digitally.

NAME

FIRM

PHONE

FAX

EMAIL

Registration Fees

<input type="checkbox"/>	Students	\$225.00
<input type="checkbox"/>	All Other Attendees	\$275.00
<input type="checkbox"/>	Travel Discount (-\$50 due to travel 100km+ to attend)	
	Subtotal:	<input type="text"/>
	GST (5%):	<input type="text"/>
	Total:	<input type="text"/>

GST Registration No. 107604381

Make cheques payable to:

Law Society of Saskatchewan
Avord Tower, #1100 - 2002 Victoria Ave.
Regina, SK S4P 0R7
cpd@lawsociety.sk.ca
Ph: 306-569-8242 Fax: 306-352-2989

Visa/Mastercard Number: _____

Expiry: _____

Signature: _____