

Mental Health Summit for Legal Professionals 2026

May 5, 2026

SKU CLE26-00502

Table of Contents

TAB 1	Maintaining our Mental Health So We Can Help Others 1 - 15 to 1 - 1 <i>Alastair Clarke, Clarke Immigration Law, Winnipeg, MB</i>
TAB 2	Integrity in Practice Navigating Moral Ruptures in the Polycrisis Journal + Integration Guide2 - 1 to 2 - 17 <i>Dimple Dhabalia, Author and Founder, Roots in the Clouds, Alexandria, VA</i>
TAB 3	Justice Fraser’s Tips for Resilience and Recovery3 - 1 to 3 - 5 <i>The Honourable Justice Suzan Fraser, Ontario Superior Court of Justice</i>
TAB 4	Have you Experienced or Witnessed Discrimination or Harassment by a Lawyer, Paralegal or Licensee Candidate?...4 - 1 to 4 - 2 <i>Lai-King Hum, Hum Law Firm, Discrimination and Harassment Counsel (DHC)</i>

TAB 5	Hierarchy Is Not the Problem. How We Exercise It Is.	5 - 1 to 5 - 5
	<i>Dr. Ningjing (Natalie) Zhang, BridgePoint Law Professional Corporation, Kingston, ON</i>	
TAB 6	Resources: My Assist Plan Information Sheet and MAP Pamphlet	6 - 1 to 6 - 3
	<i>Homewood Health</i>	
TAB 7	Well-being Resource Centre.....	7 - 1 to 7 - 13
	<i>Law Society of Ontario</i>	
TAB 8	Mental Health: LSO CPD Programs of Interest	8 - 1 to 8 - 1
	<i>Continuing Professional Development, Law Society of Ontario</i>	
TAB 9	Member Assistance Program	9 - 1 to 9 - 2
	<i>Homewood Health</i>	
TAB 10	Other Resource Links	10 - 1 to 10 - 1