

Mental Health Summit for Legal Professionals 2025



CO-CHAIRS: **Beth Beattie**, LSM, Senior Counsel
Ministry of the Attorney General

Teresa Donnelly, West Region Sexual Violence Crown,
Sexual Violence Advisory Group, *Ministry of the Attorney General*

May 6, 2025

9:00 a.m. to 1:00 p.m.

Total CPD Hours = 3 h 30 m EDI Professionalism 

Live Webcast Only
Law Society of Ontario

SKU CLE25-00501

Join us for an exclusive live presentation by Justice O'Bonsawin from
9:10 a.m. to 9:40 a.m.
Attendees will qualify for an additional 30 minutes of EDI professionalism.
Please note that this presentation will not be available on-demand.

Agenda

9:00 a.m. – 9:10 a.m.

Welcome and Opening Remarks

Beth Beattie, LSM, Senior Counsel, *Ministry of the Attorney General* (in-person)

Teresa Donnelly, West Region Sexual Violence Crown, Sexual Violence Advisory Group, *Ministry of the Attorney General* (in-person)

9:10 a.m. – 9:40 a.m.

A Judicial Perspective on Mental Health: In Conversation with Supreme Court of Canada Justice Michelle O'Bonsawin

The Honourable Justice Michelle O'Bonsawin, *Supreme Court of Canada*

9:40 a.m. – 9:50 a.m.

Guided Meditation

Maneesha Gupta, *Mindful Lawyer Canada*

9:50 a.m. – 10:50 a.m.

Restoring Civility in Legal Practice: Recognizing the Influence of Mental Health

Poor mental health can be a cause and effect of incivility. The practice of law/provision of legal services presents multiple interpersonal and professional challenges that can test even the most experienced practitioners. This panel considers questions such as: Has incivility changed in the post-pandemic era? What are the root causes of uncivil behaviour? How does civility and inclusion intersect? What can legal professionals do to help prevent uncivil behaviour within and outside their offices? What can be done to set boundaries with clients? Other lawyers or paralegals? With judges? How can we model civil behavior?

Jeffrey Robles, *Reilly & Partners Professional Corporation*

Stephanie Sutherland, *Cohen Highley LLP*

Edona Vila, *Borden Ladner Gervais LLP*

10:50 a.m. – 11:05 a.m. Question and Answer Session

11:05 a.m. – 11:25 a.m. Break

11:25 a.m. – 12:25 p.m. Are we striving for work-life blend, balance or boundaries?

A panel to discuss the management of our personal and professional lives, and how we can blend both, without the other being compromised. Inevitably, moments in our personal life can become overwhelming due to various responsibilities and life-changing events, and at the same time, our professional lives are moving at a fast-pace – it can be difficult to manage both and set boundaries. This panel will focus on a variety of perspectives and tools on how they approach these challenges and whether blending, boundary setting or balancing works best for them in their personal and professional lives.

Jody Johnson, *Region of Halton*

Melinda Moch, Articling Student, *MLT Aikins*

John McIntyre, *McIntyre Szabo Professional Corporation*

12:25 p.m. – 12:40 p.m. Question and Answer Session

12:40 p.m. – 1:00 p.m. A frank conversation with Justice Myers: Breaking stigma and stereotypes

Last year, Justice Myers publicly disclosed his diagnosis and treatment for anxiety. This chat will be a unique opportunity to hear from Justice Myers on gaining insight into how his mental health impacted his career and how he thinks the profession is doing to support mental health. Listen to find out: do lawyers and paralegals need to be gladiators to be successful? Does

being open about one's mental health harm one's reputation?
And much more!

*The Honourable Justice Fred Myers, Ontario Superior Court
of Justice*

1:00 p.m.

Program Ends