

COLLAB CONFAB

THE OFFICIAL NEWSLETTER OF COLLABORATIVE PRACTICE DURHAM REGION



HAPPY NEW YEAR FROM THE CHAIR

Welcome to 2023! We as a board are planning in-person meetings and events this year; help us make them a success by attending!!

I would also ask you to consider participating by volunteering your time: as a board member, writing an article for the newsletter, or sitting on one of our committees. The more ideas, and the more people involved, the better we become.

We start 2023 with plans and expectations, both personal and professional. May you reach your goals and find satisfaction and fulfillment! See you at the next meeting!! Simonetta

DINNER MEETING: MANAGING YOUR PRACTICE AND AVOIDING EMOTIONAL BURNOUT WITH NICOLLE KOPPING-PAVARS

Thursday March 2nd, 2023 at 5:00p.m.
Deer Creek Golf Club



Understanding the interplay between your emotions and your thoughts is critical in helping to avoid emotional burn-out while continuing to be productive.

Learn about bringing effective self-management approaches to guide your practice and your emotions so that you thrive instead of just survive.

STUDY GROUP

Study groups are always the first Wednesday of each month. We have some amazing study groups coming up in the next few months. Here are some of our proposed engaging topics. Topics are subject to change:

March 1, 2023

- The mediation dilemma – when does it look a lot more like CP?

April 5, 2023

- Collaborative and Criminal Charges – what special considerations are required

May 3, 2023

- IPV – Why should I be trained if we have a family professional



MEMBERSHIP

The 2023 membership applications continue to roll in!

If you haven't sent in your membership form please do so shortly.

A copy of the form is attached to this email.

Lindsay McKay is pleased to announce the opening of a new family law firm:

MLG
McKAY LAW GROUP



lmckay@mckaylawgroup.ca
www.mckaylawgroup.ca

CALL FOR BIOS

We would love to spotlight our members in our monthly newsletters. If you are interested in being considered, please submit a maximum 300 word biography and a recent photo to michelle@russellalexander.com by no later than February 1, 2023.

INB
— FAMILY LAW LLP

Jason Isenberg, Nafisa Nazarali and Adam Borer are excited to announce the opening of their new law firm, INB Family Law LLP, which focuses on all areas of family law.

Their office is located at:
285 Taunton Road East, Suite 212,
Oshawa, ON L1G 3V2
905-215-1905

Jason@INBFamilyLaw.com
Nafisa@INBFamilyLaw.com
Adam@INBFamilyLaw.com

INBFamilyLaw.com

if you you have an announcement please feel free to submit it to us for our consideration.