



## LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals

### Minnesota: Home is Where the Health Is

#### Nature

- **Explore MN from a Safe Distance:** From remotely touring the Glensheen Mansion to Minnesota music, movies and trivia, click on “Take a Virtual Vacation” at: <https://www.exploreminnesota.com/>
- **Minnesota DNR EagleCam:** <https://www.dnr.state.mn.us/features/webcams/eaglecam/index.html>
- **Birding in Minnesota:** <https://mn.audubon.org/birds/birding-minnesota>
- **Biking Trails in Minnesota:** [https://www.dnr.state.mn.us/state\\_parks/starter\\_kit/wheels.html](https://www.dnr.state.mn.us/state_parks/starter_kit/wheels.html)
- **North Shore Lunch or Evening Getaway:** <https://odysseyresorts.com/virtual-vacation/>
- **Virtually tour Minnesota’s State Parks:** [https://www.dnr.state.mn.us/state\\_parks/virtual\\_tours.html](https://www.dnr.state.mn.us/state_parks/virtual_tours.html)
- **Explore the World virtually:** <https://explore.org/livecams>

#### Museums and Landmarks

- **Explore Minnesota’s National Historic Landmarks:** <https://mn.gov/admin/shpo/registration/nhl/>
- **Science Museum of Minnesota’s Learn from Home:** <https://new.smm.org/learn>
- **Minnesota Museum of American Art The M @ Home:** <https://mmaa.org/the-m-home/>
- **Minneapolis Institute of Art – Art From Home:** <https://new.artsmia.org/art-from-home/>
- **Minnesota Children’s Museum- Virtual Art for Home:** <https://mcm.org/virtual-art-for-home/>

#### Gardening

- **Plant a Victory Garden:** <https://www.thespruce.com/how-to-grow-a-victory-garden-1388679>
- **Explore the U of MN’s Master Gardener Program:** <https://extension.umn.edu/master-gardener/about-master-gardener>
- **Vegetable Gardening for Beginners:** <https://www.almanac.com/vegetable-gardening-for-beginners>

### **Keep Minnesota Beautiful**

- **Adopt a Highway:** <http://www.dot.state.mn.us/adopt/> or join others who are attending to their blocks or neighborhoods.

### **Laughter is the Best Medicine**

**Ole and Lena Jokes!** <https://www.minnesota-visitor.com/ole-and-lena-jokes.html>

**How to Talk Minnesotan:** <https://video.tpt.org/video/tpt-documentaries-how-talk-minnesotan/>

### **Yoga and Fitness**

- **Free Virtual Yoga:** <https://www.eventbrite.com/e/free-community-yoga-online-via-zoom-tickets-59789985456>
- **Free Fitness Videos:** <https://ymca360.org/on-demand#/>

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### **Lawyers Concerned for Lawyers Services**

651-646-5590; 877-525-6466 (toll-free) [www.mnlcl.org](http://www.mnlcl.org); [help@mnlcl.org](mailto:help@mnlcl.org); [www.facebook.com/mnlcl](https://www.facebook.com/mnlcl).

Lawyers Concerned for Lawyers is Minnesota's Lawyers Assistance Program for lawyers, judges, law students, and their immediate family members. We offer free, confidential help with addictions, mental health issues, chronic stress, and personal and career-related issues. Our services include: 24-hour crisis response; professional assessments and referrals; interventions; short-term counseling; support groups; peer support; and education.

### **Sand Creek EAP**

651-430-3383; 888-243-5744 (toll-free) [www.sandcreekeap.com](http://www.sandcreekeap.com)

LCL's Employee Assistance Program Partner, Sand Creek, telephonic and virtual counseling. You can speak with a counselor 24/7 by calling Sand Creek directly. Additionally, they host a website with articles and resources in many areas including frequently updated information on COVID-19. Go to [www.sandcreekeap.com](http://www.sandcreekeap.com) and click on "EAP WORK/LIFE PORTAL" to use or create your account. Use the Company Code "lawyers" when creating your account.