

LCL's NEW MINDFULNESS GROUP

- WHO:** Lawyers, Law Students, Judges and their Immediate Family Members
- WHAT:** LCL's newest "**Mindfulness Group**", part of our Common Experiences series, is based on the general theories of Jeena Cho's book, *The Anxious Lawyer: An Eight-Week Guide to a Joyful and Satisfying Law Practice*. With staff from Sand Creek EAP (LCL's counseling partner), we will have open discussions on topics such as mindfulness (what is it?), anxiousness among lawyers, meditation (yes...meditation, NOT mediation) and self-compassion. Three webinar videos will also be included and CLE credit may be available.
- WHERE:** Lawyers Concerned for Lawyers Office, Court International Building – Suite 313N
2550 University Avenue W, St. Paul, Minnesota 55114
- WHY:** Because you deserve to be less anxious! And it's free!
- WHEN:** The 12-week program will start on February 23, 2017 at 4:00 p.m. until 5:15 p.m. and will be held every Thursday thereafter through May 11, 2017. This is an open group and attendance at every session is not necessary. To register, please email Annette at aerbst@mncl.org or call her at (651) 646-5590. See you then!



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