



To be a good lawyer, one has to be a healthy lawyer. Sadly, our profession is falling short when it comes to well-being.

- National Task Force Lawyer Well-Being

The groundbreaking and comprehensive report, [The Path to Lawyer Well-Being: Practical Recommendations for Positive Change](#), was created by a coalition of entities from the American Bar Association and throughout the profession.

In response to this report, Lawyers Concerned for Lawyers, along with our partner Sand Creek Group, is offering a ten-session Path to Lawyer Well-Being group. This confidential group will encourage lawyers, judges and law students to explore and build on the coalition's recommendations.

The group will be co-facilitated by Molly Beckstrom, M.A., CEAP, LPC and Brad McNaught, M.Div., LADC, CEAP. The following topics will be included:

- Work Engagement vs. Burnout
- Stress & Rejuvenation
- Resilience & Optimism
- Mindfulness Meditation
- Conflict Management
- Work-Life Conflict
- Meaning and Purpose
- Risks of Substance Use and Mental Health Issues

A new group will begin on October 5, 2017 at 4:00 p.m. until 5:15 P.M. at the LCL office.

Contact Annette Erbst at aerbst@mnlcl.org or call her at (651) 646-5590 to register. This is an open group and attendance at every session is not necessary. There is no cost and telephone participation is available. For more information about LCL, go to www.mnlcl.org.



Lawyers Concerned for Lawyers

There is Help, There is Hope

2550 University Ave W
Suite 313N
St. Paul MN 55114

Phone: 651-646-5590
Fax: 651-646-2364
E-mail: help@mnlcl.org