



LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals

J(uri s) Term for Lawyers: Four Weeks Exploring Mindfulness and Resiliency

Why let the college kids have all the fun? Lawyers Concerned for Lawyers and Sand Creek Wellness is hosting our own January Term! Building on *The Path to Lawyer Well-Being* (developed by National Task Force on Lawyer Well-Being), we will spend four consecutive weeks exploring self-care and renewal. Join other members of the legal community who are interested in going deeper into mindfulness and resilience-building.

January 11—*Mindfulness and Resiliency: Why Even Bother?*

January 18—*Being Mindful: Changing Messages from Life-Draining to Life-Affirming*

January 25—*The Art of Bouncing Back*

February 1—*Restoring our Spirit*

You are welcome to attend as many of the sessions as you can. Although they are presented as a series, you do not need to attend all sessions.

Each session will be available for participants to attend telephonically, if you aren't able to attend face-to-face at the LCL offices.

All sessions will run from 4:00pm – 5:15pm.

Please call Annette at 651-646-5590 or email at aerbst@mncl.org to register.

If you have a colleague who you think might be interested in this series, please pass along the information!

Lawyers Concerned for Lawyers
Court International Building
2550 University Avenue West
Suite 313N
Saint Paul, MN 55114