



LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals

GROUPS AT LAWYERS CONCERNED FOR LAWYERS

The Path to Lawyer Well-Being: Resilience and the Practice of Law: The demands and stresses of practicing law are unique and challenging. Why does it have to be so hard to balance being a successful lawyer and having peace of mind? Our summer group for lawyers, law students and judges will explore ways of achieving stability, steadiness and equilibrium in our work and life. We will talk about self-care and self-compassion, stress reduction, emotion regulation and the art of mindfulness in an interactive setting. Facilitated by mental health professionals. Wednesdays, 8:30 – 9:45 a.m., beginning June 13th. Contact Annette Erbst, Administrative Assistant, at aerbst@mncl.org.

6/13 - Practicing Law versus Emotional Well-Being: Why Do They Have to Be Enemies?

6/27 – Pathways to Joy

7/11 – Tap Into the Strengths You Already Have

7/25 – Nurturing: Care for Your Body

8/8 – Balancing: Support Your Brain

8/22 – Flowing: Live in Rhythm with Your Nature



This is part of LCL's commitment to offering legal professionals more information and experience on **The Path to Lawyer Well-Being**.

Discipline and Practice (DAP): This six-session group will focus on the experience of facing bar admission and professional conduct issues. This group is for people who anticipate having an issue, who are currently engaged in the discipline or character and fitness process or who have gone through it and would like to connect with others who have similar experiences. Wednesdays, 4:30—5:30 p.m. beginning June 6th. Contact Chase Andersen, Case Manager at candersen@mncl.org.

Family Support Group: This group offers support, education, referrals and self-care to family members affected by a loved one's substance use or mental health issues including job / financial/legal difficulties and family/relationship circumstances. Meets Mondays, bi-monthly, 6:00-7:30 p.m. Contact Diane Markel, Case Manager at dmarkel@mncl.org.

Lawyers / Law Students with AD/HD: Have you been told you have symptoms of ATTENTION DEFICIT/HYPERACTIVITY DISORDER? Would you like to: Become aware of the gifts these "symptoms" can offer? Reduce some anxiety by managing your life a bit better? Learn skills to help in law school classes? Practice new organizational behaviors? Change some negative assumptions about yourself? Contact Diane Markel, Case Manager at dmarkel@mncl.org for information. Fridays, 12:00 p.m. (??) beginning ??

Lawyers in Transition (LIT): Career transition can be stressful in the best of times. This six-session group for lawyers, judges and law students explores decision-making and career alternatives within and outside the traditional practice of law. We offer focused topics and facilitate the exchange of ideas between participants. Thursdays, 8:00 – 10:00 a.m., beginning June 7th. Contact Joan Bibelhausen, Executive Director, at jbibelhausen@mncl.org.