



LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals

LCL SUPPORT GROUPS

LCL's group offerings are for those facing challenges and for those who wish to improve and maintain well-being. Unless otherwise indicated, all groups take place at the LCL office, 2550 University Avenue West – Suite 313N, in St. Paul. Telephone participation is available. Free parking is available on the east side of the building and we're near the Westgate stop on the Green Line. See www.mnlcl.org for more information.

Discipline and Practice (DAP): This free and confidential group focuses 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. 1st Wednesdays, 4:00—5:00 p.m. Please contact Chase Andersen, the group's facilitator, with questions and to register at (651) 646-5590 or candersen@mnlcl.org.

Lawyers in Transition (LIT): Held several times each year. Career transition can be stressful in the best of times. Lawyers Concerned for Lawyers offers a six-session Lawyer in Transition group. This confidential 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. Contact Joan Bibelhausen, facilitator, for questions or to register: 651-646-5590, jbibelhausen@mnlcl.org.

The Path to Lawyer Well-Being Toolkit: The demands and stresses of practicing law are unique to the profession. Our well-being group for lawyers, law students and judges explores The Practice of Well-Being Toolkit and related resources to help find ways of achieving stability, steadiness and equilibrium in our work and life. We talk about mindfulness, adversity, gratitude, emotional intelligence and other topics in an interactive setting. Weekly, MSBA office in Minneapolis. Contact aerbst@mnlcl.org for information or to register.

LCL General Support Group: This group will be resumed if there is sufficient interest. Contact help@mnlcl.org for information.

LCL's Family and AD/HD support groups are ongoing. Contact help@mnlcl.org for information or to register.