



LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals

LCL January Resources and Connections

Join LCL for weekly check-in and support opportunities, via Zoom. Lawyers, judges, law students, and legal organization staff members are welcome.

New Day: Mondays, 4:00 – 5:00 p.m., *Career Challenges and Choices*

To register for this meeting, click this link below:

https://us02web.zoom.us/meeting/register/tZAsceurzssHtOymhcGb5r8_RHhxKzcLwhU

The legal profession, our jobs, and our personal lives have been upended by the global pandemic and social changes. Our jobs may have ended, our practices may be at risk or we are questioning how and whether to continue in the legal profession. This confidential group will provide focused topics and facilitate the exchange of ideas among participants.

Thursdays, 12:00 -1:00 P.M. - Path to Lawyer Well-Being Group

Join URL: <https://us02web.zoom.us/j/292189703>

Join LCL's Path to Lawyer Well-Being Group as we learn about and discuss tools for resilience in these challenging times or any other. This group will provide an opportunity for check in and offer specific resources. January topics will include post-holiday reflections, connections and reconnections, building resilience in a pandemic era, and gratitude.

Additional LCL groups include Family Support, ADHD Support, Parenting (co-sponsored with Minnesota Women Lawyers), and Discipline and Practice, see

www.mnlcl.org/services/groups/groups-overview/

For LCL hosted phone and Zoom recovery meetings, see www.mnlcl.org/resources/meeting-links/lcl-meeting-links/

Many additional resources are available at www.mnlcl.org

LCL staff will be working remotely. During business hours you may reach a staff member by calling 651-646-5590 or email: help@mnlcl.org. Counselors are available 24/7 at 651-430-3383.