



LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals

LCL May 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.

LCL Path to Lawyer Well-Being Group - Thursdays, 12:00 -1:00 p.m.

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. In May we will continue our discussion of the pillars of well-being.

Career Challenges and Choices

Monday 5/3, 8:30 – 9:30 a.m., 5/10, 5/17, 5/24, 4:00 – 5:00 p.m.

There will be no meeting on 5/31 due to the Memorial Day holiday.

https://us02web.zoom.us/meeting/register/tZAsceurzssHtOymhcGb5r8_RHhxKzclwhU

The legal profession, our jobs, and our personal lives have been upended in the past year. 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 offers focused topics and a supportive exchange among participants.

Resilience in Recovery Group

Thursday, May 13, 4:00 p.m. and Friday, May 28, 10:30 a.m.

This group is a positive support network for legal professionals and family members at all stages of substance use recovery. To register or for more information, contact [Jill Carlson](#), MA LPCC.

For LCL-hosted group or other recovery meetings, see www.mncl.org/resources/meeting-links/lcl-meeting-links/.

Additional LCL support groups include:

- Family Support • ADHD Support • Discipline and Practice
- Parenting (co-sponsored with Minnesota Women Lawyers)

For more information, see www.mncl.org/services/groups/groups-overview/.

Find additional resources, including Well Being Week in Law, May 3-7, at www.mncl.org.

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

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