

"Character and Fitness" Wellness Group at UMN Law

Every Wednesday at 12:30.

A student-run, safe, strictly confidential, judgment-free, casual, support group welcoming anyone struggling with substance use or in recovery.

Contact UMNLawRecovery@gmail.com for meeting location, zoom info, support, or other inquiries.

During the Fall & Spring Semesters:

Hybrid meeting at UMN Law on the West Bank. Contact us for details.

During Finals, Winter & Summer Breaks:

Regular *virtual* meeting. Contact us for Zoom info.

Resources for Law Students:

- Informal sober gathering: Sobriety doesn't need to be boring. If you want to do something fun (that excludes drinking, substance use, and studying law), we do too! Come hang out with us.
- Sober peer support: "I can't drink, but I don't want to miss out on events!"
Some of us feel the same way and regularly go to all the usual gatherings where alcohol is present. We can share how we discuss (or hide) sobriety, set boundaries, handle cravings, etc.
- Character & fitness: "I'm worried that I won't be admitted to the bar if I seek help with drinking or using."
We know how this feels. We can share our experience – how we have addressed and plan to address this dilemma.
- Connection to other recovery resources: Some of our attendees practice 12-step programs and attend meetings regularly as a part of our recovery. We are happy to share a list of meetings, answer questions, or accompany you to a meeting – with no strings attached.

Directions to Mondale Hall, UMN's West Bank campus:

229 19th Ave S, Minneapolis, MN 55455.

Once inside the law school, elevator is across the foyer (near the law library).

For free one-hour parking, drive past the law school on 19th Ave S and turn left on 2nd St (just before the 10th Ave Bridge). See map below.

