

# "Character and Fitness" Wellness Group

## ***Every Friday at 12:30 at UMN Law.***

Strictly a student-run, confidential, safe, judgment-free, casual support group.

We welcome *any* law student looking for information or connection regarding substance use and recovery.

Contact [UMNLawRecovery@gmail.com](mailto: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:**

"Character & Fitness": "I'm worried that I won't be admitted to the bar if I seek help with drinking or drugs."

We know how this feels. We can share our experience—how we have addressed and plan to address this dilemma.

Peer Support:

Everyone's story is unique. And yet we may share everyday struggles & successes as law students.

Connection to Other Recovery Resources:

Some of our attendees practice 12-step & other recovery programs. 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.

