



LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals

LCL May Resource and Support Groups

Join LCL for Check-In and Support Opportunities:

Well-Being Group – Every Thursday, 12:00 -1:00 p.m. via Zoom. This group provides an opportunity for check-in, discussion, and offers tools for resilience and for facing challenges. You may attend as often as you wish, no registration required. Join [here](#).

During May, the Well-Being group will focus on themes of the 2024 Well-Being week in Law, May 6-10. Learn more about Minnesota and national activities [here](#).

Solo/Small Firm Group

LCL is pleased to announce the formation of a new Solo/Small Firm Practice Support Group. This confidential group will offer support and discussion opportunities for solo and small group practitioners on how to manage the unique stressors of practicing law and managing a small or solo practice.

If you are interested in joining the group or learning more, please contact [Jon Tynjala at LCL](#).

Pre-registration is requested for the following groups:

ADHD Support Group – Twice monthly, via Zoom.

Discipline and Practice Group – Once monthly, Hybrid.

Family Support Group – Twice monthly, via Zoom.

Lawyers in Transition – Next session beginning this Spring, via Zoom.

LCL/MWL Parenting Group – Twice monthly, via Zoom.

Recovery Meetings:

For specific meetings and recovery meeting links, go to [LCL's meeting page](#).

- LCL serves legal professionals, law students, and their immediate family members, statewide.
- Additional resources are available at www.mnlcl.org.
- Professional counselors are available 24/7 at 651-430-3383. *When asked the name of your employer, say that you were referred by Lawyers Concerned for Lawyers.*