



## LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals

# LCL September 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. You may also join a confidential mailing list where resources are provided for each week's topic. Join [here](#).

### *Pre-registration is requested for the following groups:*

**Solo/Small Practice Connections Group** – Once monthly, via Zoom.

**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 when there is sufficient interest, via Zoom.

**LCL/MWL Parenting Group** – Once 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](http://www.mnlcl.org).
- Up to 4 free counseling sessions available. In the moment professional support is available 24/7 at 651-430-3383. *When asked the name of your employer, say that you were referred by Lawyers Concerned for Lawyers.*