



LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals

LCL JANUARY CLE PROGRAMS

Resolve to Be Resilient

Tuesday, January 7, 4:00-5:00 PM
1.0 Hour Mental Health CLE Credit (applied for)
Register for Webinar [here](#)

We're fresh on the heels of a new year filled with promise. This CLE discusses what resilience is, how you can build more, how it can reduce your risk for mental health and substance use issues, and how it can benefit your practice of law in the short and long terms.

One mental health CLE credit applied for. (Joan Bibelhausen, presenting)

NEW PROGRAM

Perfecting Without Perfectionism: How to Strive for Excellence Without Stressing Out Over Unattainable Ideals

Tuesday, January 21, 12:00-1:00 PM
1.0 Hour Mental Health CLE Credit (applied for)
Register for Webinar [here](#)

Is perfectionism friend or foe? This CLE addresses adaptive and maladaptive perfectionism, danger signs and predictors for mental health challenges. It offers concrete strategies to understand and reframe our perfectionism to be more effective and enhance our well-being.

One mental health CLE credit applied for. (Sarah MacGillis, presenting)

After registering, you will receive a confirmation email containing information about joining the meeting. These programs are open to all legal professionals. For more information, please call 651-646-5590 or email [Joan Bibelhausen](mailto:Joan.Bibelhausen). LCL does not charge for these programs; contributions are gratefully appreciated.