



LCL Holiday Greetings and Resources

The entire staff at LCL would like to offer you and yours our best this holiday season! The holiday season brings joy, but it can also bring stress, especially as we navigate another year of challenges. That “stress” may include a struggle with sobriety or loneliness or other sad feelings. The families we love may be difficult to be around, especially when there are differences of opinion about how to stay safe and healthy, or if someone we care about is not with us this year. Sometimes pressures and expectations (from ourselves or others) can stand in the way of remembering and being mindful about what is special for each of us about the season.

We Are Here for You

We hope you will reach out if you need someone to partner with over the holidays. Our 24-hour hotline will be in operation through the holiday season, as it is every day. The direct number to our counseling partner is: **651-430-3383** or toll-free: 1-888-243-5744. Remember to say you were referred by Lawyers Concerned for Lawyers. LCL *offices will be closed on December 24th-25th and January 1*. The Monday 12-step meetings hosted by LCL on Monday 12/23 and 12/30 will take place as usual via telephone.

Holiday Meetings

Minneapolis: Some Alano clubs will be open. Go to aaminneapolis.org for meetings in your area.

Check [Area 35](#) 's site (northern Minnesota) for meetings and events.

[Area 36](#) (southern Minnesota) has a [website](#) and all meetings are on the [MN AA site](#).

Narcotics Anonymous has a [New Directions Area New Years Eve Party](#) starting at 4:00 p.m.

Here are some additional general sites – some may be hosting events or specific meetings.

- [Overeaters Anonymous](#)
- [Cocaine Anonymous](#)
- [Sex Addicts Anonymous](#)
- [Gamblers Anonymous](#)
- [Al-Anon/Alateen](#)

Here are links to articles that might be helpful to you or someone you know who can use some extra encouragement or support.

- [Tips for Staying Sober During the Holidays](#)
- [Stress and the Holidays](#)
- [Full circle: My journey gloriously continues to unfold](#) is a blog post about recovery and the "Bermuda Triangle" of the holidays.
- [Grief and the Holidays](#)— Grief can be intensified during the holidays due to so many triggers.
- [Managing Stress and Thriving During the Holidays](#)—Bench & Bar, 2024

Other good general sites include:

- [Mental Health Minnesota](#)
- [Lawyers with Depression](#)
- [Lawyers Depression Project](#)
- [Minnesota Recovery Connection](#)