

# MCLE: WELLNESS STRATEGIES FOR THE LEGAL COMMUNITY

JOINTLY PRESENTED BY OCAABA AND JUDICATE WEST

**\*FULFILLS THE REQUIRED ONE HOUR OF COMPETENCE\***

**JANUARY 15, 2019**

5:30-7:30 p.m.

**Cost:**

\$10/members

\$25 non-members

All proceeds collected will go to OCAABA.

**LOCATION**

Judicate West

1851 E. First St, Ste 1600

Santa Ana

Space is limited.

Register by January 11.

The State Bar's Lawyer Assistance Program (LAP) helps lawyers, State Bar applicants, and law students who are grappling with stress, anxiety, depression, substance abuse or concerns about their career.

Lita Abella, Senior Program Analyst with the L.A.P., will speak on wellness strategies for the legal community, specifically: (1) How prevalent substance use and mental health issues are among attorneys; (2) Review the signs and symptoms of substance use, depression, addiction, anxiety, and stress; (3) Explain how the Lawyer Assistance Program can assist attorneys.

*This activity has been approved for Minimum Continuing Legal Education by the State Bar of California in the amount of 1.0 hour of CLE (including 1.0 hour in Competence Issues). Judicate West certifies that this activity conforms to the standards for the approved education activities prescribed by the rules and regulations of the State Bar of California governing MCLE.*

Register: <https://bit.ly/2CdgpG>



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