

CONTINUING LEGAL EDUCATION

THE BARRISTERS CLUB OF SAN FRANCISCO



The Wellness Committee of the Barristers Club presents

Out of the Shadows

A candid conversation on mental health and the legal profession

Thursday
May 19, 2022

Virtual Program: 3:00 – 4:15 p.m.

Speakers

Lita Abella

California Bar Association

Julia Clayton

The Lawyers Depression Project

Jason Crain

Smith Shapourian Mignano

Moderator

Sarah Hoffman

Venable LLP

It's well-documented that attorneys have higher rates of depression, anxiety, and other mental health challenges than most professions. Yet it remains a difficult topic to talk openly about – perhaps due to a reluctance to admit we need help. This mental health awareness month, the wellness committee is hosting a panel to discuss how we can move the needle on mental wellbeing in the legal profession, including how to improve law firm culture and the resources available to attorneys to find and maintain emotional wellbeing.

Topics

- Mental health and the legal profession
- Promoting awareness on the issue
- How firms can better support attorneys
- Resources available to attorneys

No MCLE provided.

Registration is required.

Cost

Free for BASF Law Students
\$20.00 BASF & Barristers Section Member
\$25.00 BASF Members, Government &
Nonprofit Attorneys
\$35.00 All Others

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Register separately on our online platform.

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Section Chair: Sarah Hoffman, Venable LLP

Register online: www.sfbar.org/calendar

Event Code B221250