

# CONTINUING LEGAL EDUCATION

## THE BAR ASSOCIATION OF SAN FRANCISCO



The Solo and Small Firm Section presents

### It *IS* Your Business!

## Why Your Mental Health and the Mental Health of Your Colleagues and Employees Matter

#### Speaker

### Stacey J. Dana, JD, MS, LMFT

Ms. Dana, a licensed psychotherapist, is a former attorney with over two decades of experience in the pressure-filled world of litigation. She focuses her practice on helping attorneys address anxiety, depression, stress, work-life imbalance, relationship difficulties, and other challenges that affect their focus, productivity, and overall well-being. Ms. Dana also provides counseling services to attorneys through the California State Bar's Lawyer Assistance Program and speaks on a variety of mental health topics to lawyers through law firm, bar association, and networking events.

#### Moderator

### Mark Punzalan

Chan Punzalan LLP

#### Topics

- The prevalence of anxiety, depression, and substance abuse in the legal profession, especially with the ongoing pandemic
- The impact that unaddressed mental health challenges can have on your firm
- Signs that an employee is struggling with mental health issues
- Steps to create a better mental health environment in your firm

Section Chair: Peter Roldan, Emergent LLP

Register online: [www.sfbar.org/calendar](http://www.sfbar.org/calendar)

#### Tuesday

**January 26, 2021**

MCLE Registration: 11:30 a.m. - 12:00 p.m.

MCLE Program: 12:00 - 1:15 p.m.

#### MCLE: 1 Hour in Competence issues

To receive MCLE credit, you must sign in during the designated MCLE registration period. This activity is approved for Minimum Continuing Legal Education credit by the State Bar of California. BASF is a certified provider. Provider #103

#### Cost

\$35 BASF Section Members

\$45 BASF Members

\$65 Others

#### VIEWING OPTIONS



**Live Webcast:** Register at [www.sfbar.org](http://www.sfbar.org)



**Webcast Recording** will be available on our online platform after the event.

#### BASF Members:

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#### Special Requests:

People with disabilities should contact BASF regarding reasonable accommodations.

**Event Code:** G212801