

# CONTINUING LEGAL EDUCATION

THE BAR ASSOCIATION OF SAN FRANCISCO



The Solo and Small Firm Section co-sponsored with the President of the Black Women Lawyers Association of Northern California present

## Reset, Recover, Renew:

Signs and Symptoms of Substance Use and Mental Health Issues Among Attorneys

### Speaker

**Lita Abella**

State Bar of California

### Moderator

**Chambord Benton-Hayes**

Benton Employment Law Group

This webinar will cover wellness, mental health and substance abuse as well as satisfy the competency CLE requirement.

### Topics

- Exploring what causes legal professionals to suffer from substance use and mental health issues
- Overcoming the stigma of substance use and mental health challenges to maintain attorney competence
- Developing a self-care plan and wellness strategies during these challenging times
- Learning about the Lawyer Assistance Program and other resources to maintain a balanced and healthy lifestyle

*The presentation is interactive and the attendees will need their smart phones.*

Section Chair: Peter Roldan, Emergent

**Thursday**

**November 4, 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

**Pre-Registration is required.**

### Cost

\$35.00 BASF, BWLNC Members, Non-Profit, Government Attorneys

\$50.00 Non-Members

FREE for BASF Law Students and Paralegals

### VIEWING OPTIONS



**Live Webcast** - register at [www.sfbbar.org](http://www.sfbbar.org)



**Webcast Recording** will be available for purchase 7-10 business days after the live event.

### Special Requests:

People with disabilities should contact BASF regarding reasonable accommodations at [events@sfbbar.org](mailto:events@sfbbar.org).

**Register online: [www.sfbbar.org](http://www.sfbbar.org)**

**Event Code:** G212807