

CANADA

ALBERTA, CANADA

Contact: Alberta Lawyers' Assistance Society; Professional Help 877-498-6898

CANADIAN BAR ASSOCIATION

Contact: Rachelle Watson, Project Manager, CBA Wellness Forum (LPAC),
500-865 Carling Ave., Ottawa, ON K1S 5S8, 613-237-2925 x 109;
rachellew@cba.org

CBAWellness Forum; 800-667-5722

BRITISH COLUMBIA, CANADA

Contact: Lawyers Assistance Program of British Columbia, 415-1080 Mainland
Street (Yaletown), Vancouver, BC V6B 2T4, 604-685-2171 or
888-685-2171.

Contact: Derek LaCroix, QC, Executive Director Lawyers Assistance Program of
British Columbia, 604-685-2131 direct; derek@lapbc.com

Lawyers Meetings:

Wednesday	5:50 p.m.	Abbotsford
Thursday	12:30 p.m.	Vancouver
Thursday	12:30 p.m.	Victoria

Women's Lawyers Group:

Wednesday 5:00 p.m. Vancouver

Lawyers Accountability Group:

Thursday 5:30 p.m. Vancouver

NEW BRUNSWICK, CANADA

Contact: New Brunswick Lawyers' Assistance Program (NBLAP)
888-315-2244 or 888-384-1152.

NORTHWEST TERRITORIES, CANADA

Contact: Lawyers Assistance Program, 800-683-1142.

NOVA SCOTIA, CANADA

Contact: Nova Scotia Lawyers Assistance Program, 866-299-1299.

NUNAVUT, CANADA

Contact: Nunavut Lawyer Assistance Program - NULAP, 877-498-6898;
www.albertalawyerassistance.ca

ONTARIO, CANADA

Contact: Glyde MacLennan, Acting Executive Director, Ontario Lawyers’
Assistance Program, 350 Bay St., Suite 700, Toronto, ON M5H 2S6;
glyde@olap.ca

Ontario Members’ Assistance Program; 855-403-8922

QUEBEC, CANADA

Contact: Francois Lajoie, Chair PAMBA (Quebec Lawyers’ Assistance Program),
190 Bonaventure St., Bureau 100, Trois-Rivieres, QC G9A 2B1,
819-374-4617 x 226; flajoie@lajoieheon.com

Quebec Bar Association; PAMBA Lawyers Association; 514-286-0831

SASKATCHEWAN, CANADA

Contact: Nicole Sarauer, President, Lawyers Concerned for Lawyers, 2002 Victoria
Ave., Suite 1110, Regina, SK S4P 0S7; 306-569-3098; nicole@pblsask.ca

Saskatchewan Lawyers Concerned for Lawyers; 24 hour confidential
service 800-780-7256; Regina: 306-757-6130 or Saskatoon: 306-978-4466

YUKON, CANADA

Contact: Law Society of Yukon- Nimco & Associates, 867-668-4058 (collect calls
accepted) Yukon Lawyers Assistance Program - Law Society of Yukon,
#304-104 Elliott Street, Whitehorse, Yukon Y1A 2C5, 867-668-4231.

PUERTO RICO

Contact: Mirelsa D. Modestti Gonzalez, Hospital Menonita de Cayey, 4 H
Mendoza St., Suite 307, Cayey, PR 00736-3801; 787-263-2001 x 5701;
mmodestti@yahoo.com

UNITED KINGDOM

ENGLAND

Contact: Jonathan Goodliffe, 136 Clonmore Street, London, England SW185HB,
020 20 8870 1601; Fax 020 8870 8338;
jgoodliffeonathan@dial.pipex.com

IRELAND

Contact: Elizabeth A. Rimmer, Chief Executive, LawCare, P. O. Box 5192, Bath,
England BA1 OUB, Telephone: 044 1225 425501; Toll Free: 0800279
6888 (from UK), erimmer@lawcare.org.uk; www.lawcare.org.uk

ISLE OF MAN

Contact: Elizabeth A. Rimmer, Chief Executive, LawCare, P. O. Box 5192, Bath,
England BA1 OUB, Telephone: 044 1225 425501; Toll Free: 0800279
6888 (from UK), erimmer@lawcare.org.uk; www.lawcare.org.uk

SCOTLAND

Contact: Elizabeth A. Rimmer, Chief Executive, LawCare, P. O. Box 5192, Bath,
England BA1 OUB, Telephone: 044 1225 425501; Toll Free: 0800279
6888 (from UK), erimmer@lawcare.org.uk; www.lawcare.org.uk

WALES

Contact: Elizabeth A. Rimmer, Chief Executive, LawCare, P. O. Box 5192, Bath,
England BA1 OUB, Telephone: 044 1225 425501; Toll Free: 0800279 6888
(from UK), erimmer@lawcare.org.uk; www.lawcare.org.uk

UNITED STATES

ALABAMA

Contact: Alabama Lawyer Assistance Program; 334-224-6920 24 hour cell
Robert Thornhill, Director, 415 Dexter Avenue, Montgomery, AL 36104;
334-517-2238 direct line

Wednesday Regional Therapeutic meeting in Cullman
1st Thursday of each month Accountability lunch meeting in Huntsville

Contact: Mack Bruner Binion, III; 251-433-7600
1st and 3rd Thursdays 5:30 p.m. Lawyers in Recovery (LIR), 205
Church St., Mobile (conducted like an AA meeting)

ALASKA

Contact: Debra O'Regan, Lawyer's Assistance Program, P. O. Box 100279,
Anchorage, AK 99510; 907-272-7469

ARIZONA

Contact: Lawyer Assistance Programs; Crisis line 800-681-3057 24 hours
Roberta Tepper, Director, 4201 N. 24th St., Suite 100, Phoenix, AZ 85016;
602-340-7332; roberta.tepper@staff.azbar.org

Business and Professional Men's Group meeting:

Sunday 8:15 a.m. Banner-University of Arizona Hospital,
1501 N. Campbell, Tucson, Arizona

Lawyers in Recovery Open meeting:

Sunday 5:00 p.m. Franciscan Renewal Center, 5802 E. Lincoln
Drive, Paradise Valley, AZ

Lawyer AA Group meeting:

Thursday 12:15 P.M. Trinity Cathedral, 100 West Roosevelt,
Phoenix

Tucson meeting:

Contact Tom Higgins, 520-235-2104, for AA meetings in Tucson that may be
lawyer-friendly.

ARKANSAS

Contact: Sarah Cearley, Executive Director, Arkansas Judges and Lawyers
Assistance Programs (Arkansas JLAP); 501-907-2529

Recovery Anonymous

Every Thursday

12:00 noon Meeting held at the JLAP building,
18 Corporate Drive, Suite 201, Little Rock,
Arkansas

Arkansas AA meeting

Arkansas Central Offices of AA, 7509 Cantrell Rd.,
Suite 106, Little Rock, Arkansas 72207

Hotline: 501-664-7303

Business line: 501-664-6042

CALIFORNIA

Contact: The Other Bar; 800-222-0767

State Bar of California LAP; Toll free 877-LAP 4 HELP

Beverly Hills/Bar Association:

Friday

12:30 pm Rolex Building, 9420 Wilshire Blvd., 2nd Floor
(Contact Pat T.; 310-476-8606)

Bloomington/Riviera Family Restaurant:

Monday

6:30-8:00 pm 5633 Mission Blvd., Riverside (Contact Lou
F. 909-971-4135 or Jim H. 951-203-9682)

Fresno/Joe's Steak House & Grill:

Wednesday

12:00 noon Big Book Study, 2377 West Shaw, Suite 208
(Contact Beth L. 559-495-8067)

Friday

12:00 noon 831 Van Ness Avenue, Fresno (Contact Jen
D. 559-593-5285)

Los Angeles/Cedars Sinai Hospital:

Wednesday

7:15-9:00 pm Directions at security guard station in North
or South Tower (Contact Timothy M. 310-428-0699 or Ed
D. 323-466-1147)

Los Angeles/Kaiser Hospital:

Wednesday

7:00-8:30 pm 765 College St. (College at Figueroa), Los
Angeles (Contact Antonio S. 310-545-6565)

Manhattan Beach:

Tuesday

6:30-8:00 pm 1334 Park View Ave., #100, Conference
Room, Manhattan Beach (Contact Robert V.

310-545-6565)

Marin/Strawberry Recreation Center:

Tuesday 7:30-8:30 am 118 E. Strawberry Drive, Mills Valley
(Contact David M. 415- 240-1599)

Friday 8:30 a.m. 118 E. Strawberry Drive, Mills Valley
(Contact David M. 415- 240-1599)

Marin/Strawberry Recreation Center:

Wednesday 7:30 a.m. Other Bar “Friends of MSW” (Marin
Services for Women), 118 E. Strawberry Drive, Mill
Valley (Contact Mary-Alice C. 415-755-5026)

Monterey Park-Ed Edelman Children’s Court:

Tuesday 12:00-1:00 pm 201 Centre Plaza Dr., Monterey Park
(Contact Jimmy L. 626-274-6560)

Oakland/Alameda County Law Library:

Wednesday 12:00 p.m. Conference Room, 12th Street and Oak,
Oakland (Contact Alicia Q. 510-303-2360 or David M.
415-240-1599)

Orange County:

Monday 7:30 472 S. Glassell, Orange (Contact Lisa R.
714-650-1003)

Pasadena/Pasadena Covenant Church:

Thursday 12:00 noon 539 N. Lake Avenue, Fireside Room
(Contact Mark N. 626-348-7202)

Rancho Mirage/Betty Ford Center:

Monday 7:00 p.m. 39000 Bob Hope Drive, Rancho Mirage
800-854-9211 (Contact Charley R. 760-698-8033)

Redding / Shasta County Public Library:

Thursday 12:00 p.m. 1100 Parkview Avenue (Contact Cindy C.
530-605-0700)

Riverside Pizza meeting:

Wednesday 12:00 noon Back to the Grind, 3575 University Avenue
(Contact: Greg D. 626-222-6299)

Sacramento / Sierra Center:

Tuesday 7:00 p.m. 2791 24th St., Room 15 (Contact Robert M.
916-362-1931)

San Diego / Panda Inn, Horton Plaza:

Tuesday 6:00 p.m. 4th and Broadway (Contact Moira B.
619-895-2589)

San Francisco / Farella, Braun & Martel:

Monday 5:30 p.m. 235 Montgomery Street, Russ Bldg.,
Mezzanine Conference Room (Contact David M.
415-240-1599 or Jerry B. 415-954-4429)

Thursday 12:00 noon 235 Montgomery Street, Russ Bldg.,
Mezzanine Conference Room (Contact David M.
415-240-1599 or Jerry B. 415-954-4429)

San Jose:

Wednesday 5:30 p.m. 2007 W. Hedding, Room 100, Conference
Room (Contact Russell S. 415-509-0844)

San Luis Obispo:

Thursday 5:30 p.m. 1012 Pacific Street, Suite B (Contact Anthony
L. 805-801-7439 or Dave P. 805-441-5884)

Santa Barbara / American Riviera Bank:

Tuesday 12:00 noon 1033 Anacapa St. (Contact Sayre McNeil
805-973-7091)

Santa Cruz / Garth Smith's Office:

Wednesday 12:00 noon 55 River St., Suite 100 (Contact Garth
831-458-0502 x 112)

Santa Monica / Bravo Cucina:

Tuesday 7:00 p.m. 1319 Third Street Promenade (Contact Brian
M. 310-350-3955)

Santa Rosa / Empire College:

Friday 12:00 noon Conference Room, 3033 Cleveland Ave.
(Contact Heather B. 707-622-5156)

Stockton / Carrow's Restaurant:

2nd and 4th Tuesdays, 6:00 p.m., 2716 W. March Lane (Contact David M. 800-222-0767)

Victorville:

Wednesday 5:30 p.m. 14350 Civic Dr., Suite 270 (Contact Rick E.
760-245-7310 or Bob R. 760-843-8449)

Visalia / Marie Callendars:

Friday 12:00 noon 350 S. Mooney Blvd. (Contact John
R. 559-799-7762 or Chris H. 559-737-0687)

West Covina / Christ Lutheran Church:

Thursday 7:00 p.m. 311 S. Citrus Ave., West Room (Contact
Lou F. 760-221-8795)

Telephonic Meetings:

Sunday 7:00 p.m. Women's Book Study (Contact Lisa R.)

COLORADO

Contact: Colorado Lawyer Assistance Program; 303-986-3345
Barbara Ezyk, Esq, Executive Director, 2490 W. 26th Ave., Suite 260-A,
Denver, CO; cell 303- 906-2940
Always check the website for more up to date information: www.coloradolap.org

Colorado Lawyer Assistance Program (CoLAP):
4th Wednesday 12:00 p.m. Women’s Transition Group (brown
bag lunch)
CoLap Office, 2490 W. 2th Ave., #260A, Denver

Colorado Lawyers Helping Lawyers (CLHL), www.clhl.org
Non-AA based (or non-AA traditional) Meetings-Denver CLHL Meetings:
Denver CLHL meeting:

Tuesday 6:00 p.m. General Support Group meeting, Trinity
United Methodist Church, 1820 Broadway, Denver

Thursday 6:00 p.m. Mental Health Support Group meeting,
Trinity United Methodist Church, 1820 Broadway, Denver

Denver Workaholics Anonymous Meetings:
Tuesday 5:45 p.m. Capitol Heights Presbyterian Church, 1100
Fillmore Street, Denver

Boulder CLHL meeting:
Monday 6:00 p.m. General Support Group meeting, St. Aidan’s
Episcopal Church, 2425 Colorado Ave., Boulder

Boulder Workaholics Anonymous Meeting*:
Wednesday 6:00 p.m. St. Andrew Presbyterian Church, 3700
Baseline Road, Boulder

*Door will be locked so please knock and wait.

CLHL Virtual Telephone Support Group meetings*:
Monday 6:00 p.m. Women’s Only meeting
Wednesday 7:00 p.m. General Support Group meeting

*Participants in any virtual telephone support group meeting must pre-register by
contacting Katherine Garcia at katherinevgarcia@yahoo.com or 720-951-1005.

CONNECTICUT

Contact: Lawyers Concerned for Lawyers; 860-563-4900
Beth D. Griffin, Executive Director, 2080 Silas Deane Highway, Rocky Hill, CT 06067; Hotline: 800-497-1422

12-Step Meetings for Lawyers and Judges:

Mondays 6:00 p.m. Lawyer-only mental health and wellness support group meets at the LCL office, 2080 Silas Deane Highway, Rocky Hill. This is not a 12-step meeting and the sole purpose of the meeting is to discuss mental health and wellness issues the individual lawyer may be experiencing. No individual or group psychotherapy is provided.

Wednesdays 6:15 p.m. 2080 Silas Deane Highway, Rocky Hill (Any time after 5:30 p.m. for refreshments, meeting runs 6:15 to 7:30 p.m.)

Thursdays 6:15 p.m. Milford - call the LCL office at 800-497-1422 for meeting location.

Fridays 12:00 noon New London - Call the LCL office at 800-497-1422 for meeting location.

DELAWARE

Contact: Delaware Lawyers Assistance Program (DE-LAP)
302-777-0124 or 877-24DELAP (877-243-3537)

DISTRICT OF COLUMBIA

Contact: Meg Cusack, Sr. Counselor, DC Bar Lawyer Assistance Program;
202-347-3131 - 9:00 - 5:00 and answering machine

Lawyers Group:

Monday 6:35 p.m. St. John's Parish House, 1525 H St., NW

Spiritual Awakening Group:

Weekdays 7:30 a.m. Dupont Circle Club, 1623 Connecticut Avenue, NW

Weekends 8:30 a.m. Dupont Circle Club, 1623 Connecticut Avenue, NW

Westside Club:

Daily 7:00 a.m. Attitudes and Actions, 1341 Wisconsin Avenue, NW

Sunday 10:30 a.m. Men’s Bagel Meeting, 1341 Wisconsin Avenue, NW

BYOL (Bring Your Own Lunch):

Monday-Friday 12:00 p.m. St. Mathews Church, 1729 Rhode Island Avenue, NW

Triangle Club (LGBQ):

Weekday 12:00 p.m. 2030 P Street, NW

Men’s Meeting:

Tuesday 8:30 p.m. St. Columba’s Episcopal Church, 4201 Albermarle St., NW

Friendship Group:

Wednesday 8:30 p.m. St. Alban’s Church, Wisconsin Avenue next to National Cathedral

Non-Smokers Noon:

Monday, Wednesday, Friday 12:00 noon; Church of the Epiphany, 1317 G Street, NW

Yeas & Nays:

Tuesday 7:45 a.m. US Capitol Building, Room 324 - South entrance (photo ID required)

Ex Libris:

Tuesday 8:30 p.m. St. Thomas Catholic Church, 2665 Woodley Road, NW

FLORIDA

Contact: Florida Lawyers Assistance, Inc.; 800-282-8981 (National) 24 hours
2335 E. Atlantic Blvd., Suite 410, Pompano Beach, FL 33062
mail@fla-lap.org

The meetings index for FLA-LAP.org is a <http://fla-lap.org/workshops/fla-meetings>.
For meeting locations and contact persons, please contact FLA at 800-282-8981.

Florida Lawyers Assistance Support Group Meetings:

Boca Raton: Thursday, 6:30 p.m.
Daytona Beach: Tuesday, 5:30 p.m.
Ft. Lauderdale: Tuesday, 5:30 p.m.
Ft. Myers: Thursday, 6:00 p.m.
Ft. Pierce: Check with FLA
Gainesville: Tuesday, 6:00 p.m.
Jacksonville: Thursday, 12:00 noon and Friday, 6:00 p.m.

Key West	Check with FLA
Lakeland	Wednesday, 6:00 p.m.
Miami	Monday, 5:30 p.m. and Tuesday, 8:00 p.m.
Melbourne	Thursday, 6:00 p.m.
Naples	Wednesday, 7:30 p.m.
Orlando	Thursday, 6:00 p.m.
Palm Coast	1 st Wednesday, 5:30 p.m.
Pensacola	Monday, 5:30 p.m.
Plantation	Monday, 6:00 p.m.
St. Petersburg	Thursday, 6:45 p.m.
Sarasota	Wednesday, 6:00 p.m.
Stuart	Tuesday, 5:15 p.m.
Tallahassee	Thursday, 6:00 p.m.
Tampa	Friday, 7:30 a.m.
Tavares	Friday, 12:00p .m.
West Palm Beach	Tuesday, 5:30 p.m.
Winterhaven	Wednesday, 5:30 p.m.

Facilitated Support Group Meetings (Mental Health/Dual Diagnosis)

Gainesville	Thursday, 6:00 p.m.
Maitland	Monday, 6:00 p.m.
Miami	Monday, 7:00 p.m.
Pompano Beach	Tuesday, Wednesday & Thursday, 6:30 p.m.
Ponte Vedra Beach	Wednesday, 7:00 p.m.
Tampa	Wednesday, 5:15 p.m. and 7:00 p.m.
Vero Beach	Wednesday, 6:30 p.m.

GEORGIA

Contact: Georgia Lawyer Assistance Program; Helpline 800-327-9631 or Lemuel Ward, Chair, Dentons US, LLP, 303 Peachtree St., NE, Suite 5300, Atlanta, GA 30308; 404-527-4077; lemuel.ward@dentons.com

HAWAII

Contact: Hawaii Attorneys and Judges Assistance Program; 808-531-2880
Liam Deeley, Executive Director, 212 Merchant St., Suite 200, Honolulu, HI 96813; 808-273-8775 toll free; 808-260-6415 cell;
Director@hawaiiap.com

The Attorneys and Judges Assistance Program (AAP) Meeting Schedule
1-800-273-8775 - 24 hour service

Meetings held at 212 Merchant St., Suite 200, Honolulu:
Monday 5:00 p.m. AAP Women’s Professionals Meeting

Tuesday	12:00 p.m.	AAP No Name Attorneys Meeting (Attorneys only)**
Wednesday	5:00 p.m.	AAP Alanon
Thursday	5:00 p.m.	AAP Professionals Meeting (Open Meeting)

IDAHO

Contact: Idaho Attorneys and Judges Assistance Program; 208-334-4500 or Bill Stratworth; 208-891-4726

ILLINOIS

Contact: Illinois Lawyer Assistance Program; 800-LAP-1233; Bridgette McLaughlin, 20 S. Clark St., Suite 1820, Chicago, IL 60603; 312-726-6607 or 800-LAP-1233; Downstate office: 618-462-4397 / 800-LAP-1233

Every Tuesday and Thursday 12:15 p.m. at LAP office in Chicago

INDIANA

Contact: Judges and Lawyers Assistance Programs; 317-833-0370
Jerry L. Harrell, J.D., Executive Director, JLAP, 320 N. Meridian Street, Suite 606, Indianapolis, IN 46204; 317-833-0370; www.courts.in.gov.ijlap

Indiana Judges & Lawyers Assistance Program (JLAP)

Contact person: John P; 866-428-5527 or 260-443-2477 cell

Thursday 12:00 noon FAIR (Friends & Attorneys in Recovery)
Contact: Mark S; 260-420-1234
5:00 p.m. The Justice Group AA meeting, Indianapolis

DEPRESSION AND STRESS

Indianapolis - 3rd Wednesday of the month at 6:00 p.m.

SUBSTANCE ABUSE

Indianapolis - 1st Wednesday of the month at 6:00 p.m.

Merrillville - 1st Wednesday of the month at 5:30 p.m.

GENERAL

Jeffersonville - 1st Tuesday of the month at 6:00 p.m. (workplace stress, depression, burnout, healthy life balance, substance abuse, stress-related health concerns, and more)

IOWA

Contact: Lawyers Helping Lawyers; 800-243-1533 or Hugh G. Grady, Director of Iowa Lawyers Assistance Program, 625 E. Court Ave., Des Moines, IA 50309; hugh@iowalap.org

KANSAS

Contact: Kansas Lawyers Assistance Program; 888-342-9080
Anne McDonald, Director, 515 S. Kansas Ave., Suite 202, Topeka, KS
66603, 785-368-8275

Lawrence:
1st Fridays 12:00 noon Law office located at 900 Massachusetts,
Suite 404 (group members are welcome to bring their
lunch.)

Overland Park:
1st & 3rd Wednesdays; 5:00 p.m. The law office located on the 2nd floor of 10990
Quivira Road

Topeka:
3rd Fridays 12:00 noon KALAP office, 515 S. Kansas Ave., #202
(group members are welcome to bring their lunch.)

KENTUCKY

Contact: Kentucky Lawyer Assistance Program (KYLAP); 859-221-0806 cell
(confidential); 502-564-3975 x 265 KBA; www.kylap.org

Contact: Richard J. Bonenfant, Esq., 510 Washington Ave., Newport Campbell
County, KY 41071; 859-292-8858 office; 859-653-8028 cell

Lexington, Fayette County, Kentucky:
7:30 a.m. each Wednesday morning at the Alano Club, 370 E. Second Street

North Kentucky Recovery Meeting:
5:00 p.m. each Tuesday afternoon at Law office of Richard Bonenfant, 550
Washington Ave., Newport, KY

Louisville:
7:30 a.m. the third Thursday of each month (held in a private home and is by
invitation-contact Richard Bonenfant for information)

LOUISIANA

Contact: Judges and Lawyers Assistance Program, Inc.; 866-354-9334 24 hours
Joseph (Buddy) E. Stockwell, III, Esq., Executive Director, 1405 W.
Causeway Approach, Mandeville, LA 70471-3045; 985-778-0571;
buddy@louisianalap.com

MAINE

Contact: William Nugent, Esq., Director, Maine Assistance Program for Lawyers and Judges, P. O. Box 4811, Portland, ME 04112; 800-530-4627; maineasstprog1@myfairpoint.net

David W. Kee, 207-266-7997 for meeting information

Bangor:
2nd and 4th Thursdays 12:00 noon Congregational Church on corner of Hammond and High Street

Portland:
2nd and 4th Wednesdays 11:45 a.m. First Parish Unitarian Universalist Church on Congress Street

MARYLAND

Contact: Lawyer Assistance Program; 410-685-7878 x 3041 & 3042-24 hours
800-492-1964

Fayette James P. Quinn, Director, Maryland State Bar Association, 520 W. Street, Baltimore, MD 21201-1781; 443-703-3041

Every Thursday 6:30 p.m. Legal Professionals - Maryland State Bar Headquarters, 520 W. Fayette Street, Baltimore
Every Thursday 12:00 noon Rockville - Church across from Courthouse

MASSACHUSETTS

Contact: Lawyers Concerned for Lawyers; 800-525-0210, Lottie Rutherford, Office Manager, 31 Milk St., Suite 810, Boston, MA, 02109; 617-482-9600 main; email@lclma.org

LCL Support Group Meeting Calendar:

Every Tuesday 1:00 p.m. Boston - LCL Offices, 31 Milk St., Suite 810 Contact: Lottie 617-482-9600

2nd Tuesday 1:00 p.m. Red Rose Restaurant, 1074 Main Street, Springfield, MA Contact: Mark P. 413-733-3100

Every Wednesday 7:00 a.m. Cambridge: 1585 Mass Ave., Wasserstein 3007

Every Thursday 1:00 p.m. Boston - LCL Offices, 31 Milk St., Suite 810 Contact: Lottie 617-482-9600

3rd Thursday 6:00 p.m. Quincy - 21 Franklin Street, Quincy, MA 02169 Contact: Bob K. 617-479-8133

Last Thursday 5:30 p.m. Worcester - Blessed Sacrament Church, 192 Pleasant St., Rear entrance, Worcester, MA, Contact: Jim C. 978-345-2671

2nd Friday 1:00 p.m. North Andover - Shadis Restaurant, 585 Chickering

MICHIGAN

Contact: Lawyers & Judges Assistance Program; 517-346-6348; 800-996-5522

AA meetings for lawyers and judges in Michigan:

Contact: Bill Stevens, Lakeside and Bridgman Michigan, 269-469-1469 (office)

Emails: lawyerbill@qtm.net; lakesidelawyer1966@gmail.com

Wednesday 6:00 p.m. Bloomfield Hills - Kirk in the Hills Presbyterian Church, 1340 W. Long Lake Road, ½ mile west of Telegraph

Friday Noon Detroit - Detroit Metropolitan Bar Association, 645 Griswold, 3550 Penobscot Bldg., 13th Floor, Smart Detroit Global Board Room 2

Wednesday 8:00 p.m. East Lansing - Sense of Humor AA meeting (non lawyers welcome), Michigan State University Union, Lake Michigan Room, SE corner of Abbot and Grand River Ave.

Wednesday 7:30 p.m. Grand Rapids - Westbrook Recovery Center, 3210 Eagle Run NE Suite 200

Wednesday Noon Kalamazoo - First Presbyterian Church, 321 South Street 3rd Floor

Thursday 7:00 p.m. Lansing - Central Methodist Church, 2nd Floor, Corner of Capitol and Orrawa

Thursday 7:30 p.m. Maplegrove- 6773 W. Maple Road, Group Meeting Room 2, West Bloomfield Township

Monday Noon Mt. Clemens - St. Joseph Hospital East, Bailey Room A, Parkview and North Streets

1st & 3rd Wednesdays, 5:30 p.m. Saginaw - Texan Restaurant (black room), 5656 State St.

Thursday 4:00 p.m. Stevensville - Alano House (Al-Anon meeting room), 4162 Red Arrow Highway, just south of Glenlord Road

Clark Hill Grand River Meeting: 212 E. Grand River Ave., Lansing, Michigan 48906; hosted by Matt S., 517-281-9088; msmith@clarkhill.com; (this is a men's meeting).

MINNESOTA

Contact: Lawyers Concerned for Lawyers; 866-525-6466 toll free
Joan Bibelhausen, JD, Executive Director, 2550 University Avenue West,
Suite 313N, St. Paul, MN 55114; 651-646-5590; help@mnlcl.org;
www.mnlcl.org

AA Meetings - Mondays, except holidays, at 12:15 p.m. at the LCL office; phone participation is available; call numbers above for information.

Alanon - Tuesdays at 12:00 p.m. at the LCL office.

Bar None AA Meeting - Tuesdays and Thursdays at 12:30 p.m., at MSBA office, 600 Nicollet Mall, Suite 380, Minneapolis, MN 55402.

Law Students AA Meetings, 2014-2015 Academic Year, Thursdays, 12:15 p.m., 1:00 p.m., University of Minnesota Law School, Room 473; contact: Law Students AA

Additional Meeting Resources for Minnesota:

[Alcoholics Anonymous Greater Minneapolis Intergroup](http://aaminneapolis.org/) – includes links to St. Paul and greater Minnesota sites <http://aaminneapolis.org/>

[Alcoholics Anonymous St. Paul and Suburban Area Intergroup](http://www.aastpaul.org/?topic=8) – includes meeting directory <http://www.aastpaul.org/?topic=8>

[Al-Anon](http://www.al-anon-alateen-msp.org/) in the Greater Minneapolis and St. Paul Area - <http://www.al-anon-alateen-msp.org/>

[Narcotics Anonymous](http://www.naminnesota.org/) – Minnesota Region - <http://www.naminnesota.org/>

[National Alliance on Mental Illness – Minnesota](http://www.namihelps.org/) - <http://www.namihelps.org/>

[Minnesota Recovery Page](http://www.minnesotarecovery.info/OtherMN12StepGroups.htm) - <http://www.minnesotarecovery.info/OtherMN12StepGroups.htm>

MISSISSIPPI

Contact: Chip Glaze, Director, Lawyers and Judges Assistance Program;
800-593-9777 24 hour confidential hotline; P. O. Box 2168, Jackson, MS
39225-2168; 601-948-4475; cglaze@msbar.org

MISSOURI

Contact: Lawyers' Assistance Program; 406-683-6525
Ann Chambers, Director, 326 Monroe Street, Jefferson, MO 65102-0119;
800-688-7859

Kansas City - Hugh O'Donnell; 816-931-5533

St. Louis - Jennifer Patterson; 314-259-2594

S.E. Missouri - Daniel and Peter Statler; 573-651-4855

Statewide meetings: Contact David Crawford, 314-614-6443 - cell;
dcrawford@sennigar.com; Senniger Powers, LLP, 100 N.
Broadway, 17th Floor, St. Louis, Missouri 63102;
314-345-7000-main; 314-345-7014 - direct

MONTANA

Contact: Lawyer Assistance Program; 406-683-6525
Michael Larson, Director, P. O. Box 1443, Dillon, MT 59725; 406-660-
1181; mlarson@montanabar.org

Missoula - 1st Wednesday of each month; 6:00 p.m., Pope Room, Alexander Blewett III School
of Law, University of Montana

Billings - 3rd Thursday of each month; 12:00 p.m.; First floor conference room, GW Building,
2722 3rd Ave North

Great Falls-Last Tuesday of month; 12:00 p.m.; 104 4th Street South, #200

Helena - Last Wednesday of each month; 12:00 p.m.; Power Block Building, 7 W. 6th Ave., 3rd
floor conference room

Kalispell - Last Thursday of each month; 5:30 p.m.; Kalispell City Library, 247 1st Avenue E

NEBRASKA

Contact: Nebraska Lawyers Assistance Programs; 402-475-6527

Lawyers and Friends:
Thursday 12:00 noon Johnny's Café, 4702 South 27th Street, Omaha

NEVADA

Contact: Lawyers Concerned for Lawyers; 775-322-2154 or 866-866-3211

Carson City:
Wednesday 5:30 p.m. First United Methodist Church, 400 W. King
Street

Las Vegas Attorney Support Meetings:
Tuesday 12:15 p.m. Law Offices of Brian F., 517 S. Third St.,
702-387-0800

Tuesday 12:15 p.m. 3210 Ashby Avenue (residence), Contact Marjorie 702-878-5201

Thursday 5:15 p.m. Law Offices of Brian F., 517 S. Third St., 702-387-0800

Thursday 5:15 p.m. Law Offices of Mitchell J. Cobeaga, 550 E. Charleston Blvd., Suite D (Contact Mitchell J. Cobeaga 702-240-2499)

Reno:
Thursday 7:00 p.m. Trinity Episcopal Church, Rainbow and Island Avenue, Church Office Building (Contact Coe Swobe 775-322-2154, 775-848-1154-cell; Thomas Hall 775-348-7011)

NEW HAMPSHIRE

Contact: New Hampshire Lawyers Assistance Program; Hotline 877-224-6060
Cecie Blakeslee Hartigan, J.D., Executive Director, 2 ½ Beacon St.,
Concord, NH 03301; 877-224-6060; cell 603-491-0282; www.lapnh.org

Lawyers Concerned for Lawyers:
2nd Tuesday of each month, 6:00 p.m., The Backroom Restaurant, 245 Hooksett Road,
Manchester, NH 03104

NEW JERSEY

Contact: New Jersey Lawyers Assistance Program; 800-246-5527 - 24 hours

Please call NJ Lawyers Assistance Program before first visit.

Tuesday 5:30 p.m. Philadelphia - First Baptist Church of Philadelphia, 123 S. 17th Street (Corner of 17th and Sansom, entrance on Sansom Street)

Every other 6:00 p.m. Bridgewater Somerset/Hunterdon - Shimon Sara Bimbaum, Jewish Community Center

Tuesday 7:15 p.m., 775 Talamini Rd., Bridgewater Point Pleasant Monmouth/Ocean (IN RECOVERY ONLY), St. Mary's by-the-Sea Episcopal Church, 804 Bay Ave., Point Pleasant Beach (Corner of Forman and Bay)

1st Tuesday 7:30 p.m. Montclair - Essex/Passaic (IN RECOVERY ONLY).

of the month	CANDIDATES WELCOME Social Agencies Building, 60 S. Fullerton Ave., Montclair (Side door entrance; please sign in.)
Wednesday	12:00 noon Newark - Seton Hall University School of Law, 1109 Raymond Blvd. Room 74 (Please call NJLAP before attending.)
Wednesday	5:30 p.m. Northfield - Atlantic/Cape May, Law Offices of John J. Zarych, 1555 Zion Rd., Suite 201, Northfield
Wednesday	6:00 p.m. New Brunswick - LGBT Middlesex (LGBT MEETING) (LAST WEDNESDAY OF THE MONTH), NJ Law Center, 1 Constitution Square (Please call Nancy at 732-565-7572 before attending.)
Wednesday	6:00 p.m. Fort Lee - Bergen, Church of the Good Shepherd, 1576 Palisade Avenue (In the chapel, left side of the church parking lot through glass doors.)
Wednesday	7:30 p.m. Morristown - Morris/Somerset (IN RECOVERY ONLY), Atlantic Rehabilitation Institute (Center for Behavioral Health), 95 Mt. Kemble Avenue (Enter foyer-hall on right.)
Thursday	5:30 p.m. New Brunswick - Middlesex, NJ Law Center, 1 Constitution Square
Saturday	Women's APC/WCW Group (SECOND SATURDAY OF THE MONTH) (Contact NJLAP at 800-246-5527)

NEW MEXICO

Contact: Lawyers and Judges Assistance Program; 505-797-6003; 800-860-4914 (24 hour attorney helpline) (888-502-1289 Judges helpline)
 Jill Yeagley, Manager, State Bar of New Mexico, 5121 Masthead NE, Albuquerque, NM 87109 (P.O. Box 92860, Albuquerque, NM 87199);
Jyeagley@nmbar.org; www.nmbar.org/JLAP/JLAP.html

Albuquerque meetings: Contact Bill Stratvert, 505-242-6845

1st Monday of the month at 5:30 p.m., and every 3rd Monday of the Month at 7:30 a.m., at First United Methodist Church, 314 Lead Ave SW 87102

2nd Monday of the month at 5:30 p.m. at UNM School of Law in the King Room (within the law library), 1117 Stanford NE 87106

NEW YORK

Contact: Lawyer Assistance Program; Patricia Spataro, Director, NYSBA LAP
800-255-0569 24 hours (Nationwide); lap@nysba.org; www.nysba.org/lap

Nassau County Bar Association LAP; Peter J. Schweitzer, Director; 888-408-6222 or 516-747-4070

LAP related resource in New York; New York Lawyer Assistance Trust; 518-285-4545

New York City Lawyer Assistance Program; Eileen Travis, Director; 212-302-4787 24 hours

Chuck Beinhauer; Cbeinhauer@gmail.com or 716-725-5223

Lawyer’s AA meeting/lunch:

Thursday 5:30 p.m. St. Louis Church, 780 Main St., Buffalo
Chuck Beinhauer 716-725-5223, cbeinhauer@gmail.com

Contact: Mark Swail, Liaison, Lawyers Concerned for Lawyers; 585-402-7187

Erie County Lawyers Helping Lawyers AA Meeting:

Thursday 5:30 p.m. St. Louis Church vestibule, 35 Edward St.,
Buffalo, NY

Monroe County Bar Association Lawyer’s Concerned for Lawyers confidential helpline:
1-585-234-1950, www.mcba.org; for mental health issues, help is available through the
NYS Bar Lawyer Assistance Program Confidential Helpline: 1-800-255-0569 or
lap@nysba.org

New York City Bar Association “Lawyers Meeting” (all are welcome to attend):

Thursday 6:30 p.m. 42 West 44th St., New York, New York
10036

Judges’ Assistance Program:

Contacts: Hon. Sarah L. Krauss, Kings County, 718-637-7561
Hon. Vincent J. Reilly, Jr., Capital District, 518-285-8422
Hon. John C. Rowley, Tompkins County, 607-277-4957
Confidential Helpline: 800-255-0569

NORTH CAROLINA

Contact: North Carolina Lawyer Assistance Program; 704-892-5699 or
919-828-6425
BarCARES of North Carolina; 919-659-1453
Robin Moraites, Director, North Carolina State Bar LAP, 312 Renssler
Ave., #100, Charlotte, NC 28203; cell 704-516-0487

One stand along meeting in the state; call Robin for details.

NORTH DAKOTA

Contact: Nicholas B. Hall, State Bar of North Dakota Lawyer Assistance Program;
701-255-1404 or 701-352-2810; nhall@polarcomm.com

OHIO

Contact: Scott R. Mote, Esq., Executive Director, Ohio Lawyers Assistance
Program, Inc.; 800-348-4343 24 hours; 800-618-8606; 1650 Lake Shore
Dr., Suite 375, Columbus, OH 43204-4991; smote@ohiolap.org
or Paul Caimi, Associate Director, Ohio Lawyers Assistance Program,
Inc.; 800-618-8606; pcaimi@ohiolap.org

Cincinnati:
Monday-Friday 12:00 noon St. Xavier Church, 607 Sycamore Street

OKLAHOMA

Contact: Lawyers Helping Lawyers; 800-364-7886

Big Book Study meeting:
Wednesday Noon The Gooding Law Firm, 204 N. Robinson Ave., Suite 650,
Oklahoma City; contact O. Clifton Gooding, 866-296-9179-toll
free; cgooding@goodingfirm.com

OREGON

Contact: Oregon Attorney Assistance Program; 503-226-1057

Wednesday Noon The Ram, Lake Oswego, Oregon; contact Mac I. Sawyer,
503-504-3747

PENNSYLVANIA

Contact: Lawyers Concerned for Lawyers Helpline; 888-999-1941
Laurie J. Besden, Esq., Executive Director, 55 Central Road, Camp Hills,
PA 17011; laurie@lclpa.org; please call 800-335-2572, ext. 101

1 st & 3 rd Tuesday	5:30 p.m. - 7:00 p.m. Bethlehem
Monthly	Times vary-call to confirm Caron Foundation (Wernersville)
Monthly-4th Tuesday	6:00 p.m. - 7:00 p.m. Doylestown
Weekly-Wednesday	6:00 p.m. - 7:00 p.m. Drexel Hill
1 st Thursday	5:00 p.m. - 6:00 p.m. Erie
3 rd Thursday	12:00 noon - 1:00 p.m. Erie
Monthly-2nd Monday	6:00 p.m. - 7:00 p.m. Harrisburg
Monthly-1st Thursday	5:15 p.m. - 6:15 p.m. Norristown
Weekly-Tuesday	5:30 p.m. - 6:30 p.m. Philadelphia
Weekly-Thursday	5:15 p.m. - 6:15 p.m. Pittsburgh
Weekly-Thursday	7:30 a.m. - 8:30 a.m. Scranton
Weekly-1st & 3 rd Wednesday	5:30 p.m.-6:30 p.m. State College
Weekly, Thursday	12:00 p.m. - 1:00 p.m. Washington

RHODE ISLAND

Contact: Helen D. McDonald, Executive Director, Confidential Assistance Program; 401-421-5740, 41 Sharpe Drive, Cranston, RI 02920; hmcdonald@ribar.com

SOUTH CAROLINA

Contact: J. Robert Turnbull, Jr., Esq., Lawyers Helping Lawyers; 866-545-9590, P. O. Box 608, Columbia, SC 29202-0608; rturnbull@scbar.org

SOUTH DAKOTA

Contact: Thomas C. Barnett, Jr., Executive Director, State Bar of South Dakota, 222 E. Capitol Ave., #3, Pierre, SD 57501; 605-224-7654; thomas.barnett@sdbar.net

TENNESSEE

Contact: Tennessee Lawyers Assistance Program; 877-424-8527

Lawyers in Recovery “LIR” Support Groups in Tennessee:

Memphis Area:

Wednesday 5:30 p.m. Christ United Methodist Church,
Wilson/Ross Bldg., Room 401/402,
www.cumcmemphis.org/directions
Contact: Dr. Kent Cox 901-340-5838 or
wkentcox@gmail.com

Nashville Area:

Wednesday 8:00 p.m. West Nashville, 402 42nd Ave.
Contact: Buddy Burnett 615-279-0007 or
buddybur@lgburnettlaw.com

Monday, Thursday, Friday 11:30 a.m., Downtown AA meeting
Presbyterian Church, 154 5th Ave. North, Basement, enter
from the side door on 5th

Wednesday 12:00 p.m. Wednesday Women’s Group (WWG)
Contact: Laura McClendon 615-741-3238 or
laura.mcclendon@tncourts.gov to be added to email list

2nd & 4th Tuesday-5:30 p.m. Mental Health Group, TLAP Office
Contact: Ted Rice 615-741-3238 or
ted.rice@tncourts.gov

Knoxville Area:

Tuesday 6:00 p.m. Tennessee Valley Unitarian Universalist Church
2931 Kingston Pike, Knoxville, TN 37919
Contact: Stanley Barnett 856-803-6364

Tri-City:

Last Wednesday of every month at 6:00 p.m.
Kingsport Renaissance Center, East Center St., Room 314,
Third Floor, Contact; Stephenson Todd 423-534-1447 or
stodd@tdlaw.com to be added to email list

TEXAS

Contact: Texas Lawyers’ Assistance Program; 800-343-8527; voice mail
512-463-1453 or 800-343-8527
Chris Ritter, Esq., State Bar of Texas, P. O. Box 12487, Austin, TX
78711;
Direct 512-427-1458; chris.ritter@texasbar.com; www.texasbar.com/tlap

Texas LCL meetings:

- Austin Tuesdays at noon: Lawyers Concerned for Lawyers, Central Christian Church, 1110 Guadalupe St., enter southwest door in the Parlor (stained glass doors); Ben D 512-699-3273 or Emily 512-695-0299
First Monday noon to 1:00 p.m.: Austin Lawyers Wellness Group, 3rd floor, Room 320 (Bluebonnet Room), 816 Congress; Sarah 512-426-2171
- Beaumont Thursdays noon to 1:00 p.m.: Lawyers Concerned for Lawyers, St. Mark's Episcopal Church, 680 Calder St.; Joe Ben W. 409-838-6412
- Brownsville Call for information: Call TLAP 800-343-8527 or Marlene 956-455-1139
- Corpus Christi 2nd and 4th Thursdays at noon: Tower II basement food court, 555 N. Carancahua; Sandra 361-882-5605
- Dallas Thursdays noon to 1:00 p.m.: Lawyers Concerned for Lawyers, First United Methodist Church, 1928 Ross Avenue (Harwood door, ask receptionist for "lawyers meeting"); Trey D. 214-651-4746

2nd Monday 6:00 p.m. - 8:00 p.m.: Support Group for Depressive Attorneys, free dinner, RSVP required: call John M. 214-365-9007, 21st floor of the Doubletree Hotel-Campbell Center, 8259 N. Central Expressway, Dallas - under the name of "Monday Night Group".
- El Paso Fridays, noon to 1:00 p.m.: Lawyers Concerned for Lawyers, 1013 E. San Antonio Ave (law office); Rob 915-833-4021
- Fort Worth Thursdays from noon to 1:00 p.m.: Lawyers Concerned for Lawyers, Wesley Room, First United Methodist Church, 800 W. 5th St. (Use northwest entrance, off 4th Street); Drew 817-731-3220
- Houston Mondays, 7:30 to 8:30 a.m.: Lawyers Concerned for Lawyers, Wortham Tower Cafeteria, Meeting Room 1, 2727 Allen Parkway, Houston; Finis 713-582-6066

Thursdays, 6:30 to 7:30 p.m.: AA Group for Lawyers, The Council on Alcohol and Drugs Houston, 303 Jackson Hill; TC 512-762-9857

First Monday, 6:30 to 8:30 p.m.: Houston Lawyers Wellness Group, The Council on Alcohol and Drugs Houston, 303 Jackson Hill, Paige 832-689-7041

Monday through Friday, 12:05 p.m.: AA, Lawyers, Christ Church Cathedral, McGehee Hall, 1117 Texas Avenue, Dunn garage parking, validated; Valarie 713-898-4643
- Lubbock Fridays, noon to 1:00 p.m.: Lawyers Concerned for Lawyers, Conference Room, 1102 Main Street (law office); Bob N. 806-786-2215 (and telephone call-in meeting; call 800-343-0640, enter code 67645)

North Texas Tuesdays at noon: Meridian Business Center, Boardroom, 555 Republic Dr., Suite 200; Cliff C. 214-549-9299 or ccoren@swbell.net (Phone preferred); Laurel C. 214-557-8302 or lclementlaw@gmail.com (email preferred)

RIO GRANDE VALLEY

McAllen & Weslaco Wednesdays, 6:00 to 7:00 p.m.: Lawyers Concerned for Lawyers, 2300 W. Pike Blvd., 2nd Floor, McAllen; Terry 956-778-4101

Brownsville 3rd Wednesday noon: Antonio's Mexican Village, 'private room', 840 Paredes Line Road; Ben 956-544-4321

San Antonio Thursdays, 8:00 to 9:00 p.m.: Legal Professions AA, St. George's Episcopal Church, 6904 West Ave. (portable building at back of Church); Cary 210-225-1655

1st Tuesday, 6:30 to 8:00 p.m.: San Antonio Lawyers Wellness Group, Alamo Heights Methodist Church, 825 Basse Road, San Antonio Room W105; Allan 210-227-3106

Tyler 1st and 3rd Thursdays, noon: 435 Bois D'Arc Ave.; Kelly 903-526-6777

Waco Wednesdays at 7:00 p.m.: Lawyers Concerned for Lawyers, Third Floor Lounge, Baylor Law School, 1114 S. University Parks Dr.; Adam 254-307-2505

UTAH

Contact: Brook Millard, Lawyers Helping Lawyers; local phone 801-579-0404; toll free 800-530-3743; P. O. Box 4046, Salt Lake City, UT 84111; admin@lawyershelpinglawyers.org

VERMONT

Contact: Joshua L. Simonds, Esq., Director, Lawyers Concerned for Lawyers, The Burlington Law Practice, 2 Church St., Suite G, Burlington, VT 05401; 802-355-4352; jls@burlingtonlawpractice.com; Lawyers Assistance Program; 802-773-9109 x 21

VIRGINIA

Contact: Lawyers Helping Lawyers; 877-LHL-INVA; 877-545-4682; confidential voice mail 804-644-3212

Jump Start:
Monday-Friday 6:00 a.m. Weekends 6:15 a.m.

Lawyers:
Monday 6:00 p.m. Fairlington Presbyterian Church, 3846 King St., Alexandria

Early Birds:
Monday-Friday 7:00 a.m. Del Ray United Methodist Church, 100 East Windsor Avenue, Alexandria

High Noon:
Monday-Friday 12:30 p.m. Christ Church, 118 N. Washington St., Alexandria

Living Sober:
Monday 7:30 p.m. Christ Church, 118 N. Washington St., Alexandria

As Bill Sees It:
Monday 7:30 p.m. Stone House, Trinity Presbyterian Church, 5533 North 16th Street, Arlington

TGI:
Daily 5:30 p.m. Unity Club, 116B West Broad St., Falls Church,

Bar None:
Saturday 8:30 a.m. St. Mary's Flounder House, 316 South Royal St., Alexandria

New Beginnings:
Sunday 5:30 p.m. First Christian Church, 2723 King St., Alexandria

Women's Primary Purpose Group:
Saturday 9:00 a.m. Westminster Presbyterian Church, 2701 Cameron Mills Road, Room 211, Alexandria

Westover Baptist Church:
Thursday 8:00 p.m. 1125 Patrick Henry rive, Arlington (attracts a lot of lawyers)

Monday 12:00 p.m. Lewisville Presbyterian Church, 1724 Chain Bridge Road, McLean

WASHINGTON

Contact: Dan Crystal, Psy.D., Program Manager, Lawyers Assistance Program, Washington State Bar Association, 1325 Fourth Ave., Suite 60, Seattle, WA 98101-2539; 206-727-8267; danc@wsba.org

"Unbar" Attorneys AA meeting:
Wednesday 12:00 noon Skinner Building-1326 Fifth Avenue on the 7th floor
Contact David Bruce at dbruce@sbwillp.com

WEST VIRGINIA

Contact: Robert Albury, Jr., J.D., 828-260-6763; alburyr@wvbar.org;
cell-838-260-6763
Lawyer Assistance Program; 304-529-2391

WISCONSIN

Contact: Lawyers Assistance Program; 800-543-2625 (24/7 helpline)
Linda Albert, WisLAP Manager, State Bar of Wisconsin, 5302 Eastpark
Blvd., Madison, WI 53707-7158; 608-250-6172 or 800-444-9404, ext
6172; www.wisbar.org

AA meeting:
Wednesday 8:00 p.m. Aurora Psychiatric Hospital, 1220 Dewey Ave., Wawacosa,
Wisconsin 53213

WYOMING

Contact: John B. Speight, Director, Wyoming Lawyer Assistance Program, P. O. Box
109, Cheyenne, WY 82003-0109; 307-996-6834; jspeight@wylap.org;
Website: www.wyomingbar.org

Additional Resources

The Other Bar (California)

1 (800) 222-0767 - otherbar.org : confidential@otherbar.org

The Other Bar is a network of recovering lawyers and judges throughout the state, dedicated to assisting others within the profession who are suffering from alcohol, chemical dependency and substance abuse problems. They are a private, non-profit corporation founded on the principle of anonymity and provide services in strict confidentiality. The program is voluntary, does not report to anybody or entity (not sponsored by or part of the State Bar) and is open to all California lawyers, judges and law students.

California Lawyer Assistance Program

1 (877) 527-4435 - calbar.ca.gov

State bar sponsored program including assessment, testing and counseling as a lawyer assistance resource for alcohol and substance misuse and mental health. The program is completely confidential unless part of the disciplinary process.

Lawyers Assistance Programs (CoLAP: Commission on Lawyer Assistance Programs)

1 (800) 285-2221 - americanbar.org

Lawyer Assistance Programs are available nationwide. Some are independent, some are under the auspices of the court and some are part of the bar association. They are listed at:

americanbar.org/groups/lawyer_assistance.html

12 Step Support Meetings

Alcohol: 1 (212) 870-3400 - aa.org

Overeating: 1 (612) 377-1600 - overeaters.org and eatingdisordersanonymous.org

Cocaine: 1 (310) 559-5833 - ca.org

Sex: 1 (800) 477-8191 - saa-recovery.org

Gambling: 1 (626) 960-3500 - gamblersanonymous.org

Co-Dependency: 1 (888) 425-2666 - al-anon-alateen-msp.org

SAMHSA: U.S. Department of Health and Human Services and Substance Abuse and Mental Health Services Administration: clearinghouse for alcohol and drug information

1 (877) 726-4727 - samhsa.gov

This organization has a great deal of information for individuals seeking help, professionals in the helping professions and researchers.

Recovery Month

1 (877) 726-4727 - recoverymonth.gov

This annual event is held every September. It features events and resources for those with substance abuse use issues and those who are about them.

American Bar Association

1 (800) 285-2221 - americanbar.org

americanbar.org/groups/lawyer_assistance.html for lawyer assistance resources and information across the country. National resources are listed at

apps.americanbar.org/legalservices/colap/laplinks.html Numerous articles are linked at

apps.americanbar.org/legalservices/colap/resourcelib.html

Past issues of GP Solo, a publication of the ABA General Practice, Small Firm and Solo Division, include four theme issues “Bumps in the Road.” Many topics related to addiction, mental illness, stress and others are available. Back issues may be viewed at:

americanbar.org/publications/gp_solo/past_issues.html

National Alliance on Mental Illness

1 (800) 950- 6264 - nami.org

NAMI has information on a wide variety of mental illness including ADHD, Bipolar Disorder, Personality Disorders, Depression, Eating Disorders, OCD, PTSD and others. There are also national and local support resources.

Depression and Bipolar Support Alliance

1 (800) 826-3632 - ndmda.org

A patient-directed organization whose purpose is to educate patients, families and the public concerning the nature of depressive illness.

American Psychological Association

1 (800) 374-2721 - apa.org

Numerous resources on many mental health and wellness topics

American Psychiatric Association

1 (888) 357-7924 - healthyminds.org

The site provides information on psychiatric disorders such as depression and provides help locating a psychiatrist in your local area.

American Psychiatric Foundation

1 (703) 907-8503 - psychfoundation.org

Committed to operating programs and funding initiatives that promote awareness of mental illness, the effectiveness of treatment, and the importance of early intervention.

Mental Health America

1 (800) 969-6642 - nmha.org

An association that works with over 340 affiliates to promote mental health through advocacy, education, research, and services.

National Institute of Mental Health

1 (301) 443-4513 & 1 (866) 615-6464 - nimh.nih.gov

Information regarding various mental health issues, including anxiety disorders and depression.

National Institute on Drug Abuse

1 (301) 443-1124 - drugabuse.gov

This division of the National Institutes of Health provides information on the science of drug and alcohol addiction. There are links to a wide variety of substances. An excellent, *The Science of Addiction*, is available by mail as a PDF, in English or Spanish.

Behavior Health Treatment Services Locator

This is an on-line source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance abuse/addiction and/or mental health problems.

<https://findtreatment.samhsa.gov>

The following sites will direct you to 12-step meetings and other resources.

Alcoholics Anonymous - <http://www.aa.org/>

Link to find a local AA meeting in the United States and Canada:

http://www.aa.org/pages/en_US/find-local-aa

[Women for Sobriety, Inc.](http://www.womenforsobriety.org/beta2/) – includes online chat - <http://www.womenforsobriety.org/beta2/>

[AAOnline.net](http://www.aaonline.net/) is one example of an online 12-Step group - <http://www.aaonline.net/>

[Gamblers Anonymous](http://www.gamblersanonymous.org/ga/) - <http://www.gamblersanonymous.org/ga/>

[Overeaters Anonymous](http://www overeaters.org/) - <http://www overeaters.org/>

[Eating Disorders Anonymous](http://www.eatingdisordersanonymous.org/) - <http://www.eatingdisordersanonymous.org/>

[Sex Addicts Anonymous](https://saa-recovery.org/) - <https://saa-recovery.org/>

For information about online AA meetings: <http://aa-intergroup.org>

ONLINE International Lawyers in Alcoholics Anonymous (ILAA) meetings

Anyone who has been admitted to the Bar can join ILAA and attend online meetings by setting up an account and logging in at this link: http://www.ilaa.org/online_meeting/