

FALL-ING DOWN? WE'LL LIFT YOU UP! 2022

LIVE SEMINAR AT TWO STONES PUB

SPONSORED BY THE WOMEN & THE LAW SECTION OF
THE DELAWARE STATE BAR ASSOCIATION

TUESDAY, NOVEMBER 15, 2022 | 6:00 P.M. – 9:00 P.M.

1.0 Hour CLE credit in Enhanced Ethics for Delaware and Pennsylvania Attorneys*

*** Seminar will comprise 1.0 hour Enhanced Ethics credit despite the presentation's length.**

ABOUT THE PROGRAM

Join the Women and the Law Section out at Two Stones Pub for a night of socializing and learning about pressure, stress, and how to just be okay. This seminar will count for 1.0 Enhanced Ethics Credits only.

PROGRAM HIGHLIGHTS

- **Down and Under Pressure, But Way Too Fine to Be This Stressed!**
- **I'm Not the Girl I Was or Used to Be . . . I Might be Better!**
- **I've Got A Feelin' We're Gonna Be Okay**
- **Panel Discussion: It's Been a Minute, Tell Me How You're Healin', 'Cause We're About to Get into Our Feelings**

**Visit <https://www.dsba.org/event/fall-ing-down-well-lift-you-up-2022/>
for all the DSBA CLE seminar policies.**

DELAWARE STATE BAR ASSOCIATION
CONTINUING LEGAL EDUCATION

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CLE SCHEDULE

6:00 p.m. – 6:05 p.m.

Introduction

Andrea S. Brooks, Esquire
Wellness Committee Chair
Wilks Law, LLC

6:05 p.m. – 6:20 p.m.

Down and Under Pressure, But Way Too Fine to Be This Stressed!

An invitation to find acceptance and self-compassion while under daily life stress. The importance to find self-regulation and connections to create balance in our busy lives.

Mariella Roberts, LPCMH

6:20 p.m. – 6:35 p.m.

I'm Not the Girl I Was or Used to Be . . . I Might be Better!

A discussion of women's physical and mental health and the mind body connection from a Physical Therapist, Yoga Teacher and Women's Health Specialist.

Anne Collins Dutch, DPT, WCS, E-RYT
Owner of *Physical Therapy for Women, LLC*
and *Sadhana Yoga Studio*

6:35 p.m. – 6:45 p.m.

I've Got A Feelin' We're Gonna Be Okay

A brief presentation on how to recognize when a friend is struggling with their mental health, and safely start a healthy conversation about it.

Victoria R. Sweeney, Esquire
Wellness Committee Member
Delaware Department of Justice

6:45 p.m. – 8:00 p.m.

Panel Discussion: It's Been a Minute, Tell Me How You're Healin', 'Cause We're About to Get into Our Feelings

Questions and Answers posed to our health care professionals and female attorneys of varying career experiences and different phases of motherhood.

Moderator

Caroline A. Kaminski, Esquire
Wellness Committee Member
Doroshow, Pasquale, Krawitz & Bhaya

Panelists

Mariella Roberts, LPCMH

Anne Collins Dutch, DPT, WCS, E-RYT

Jessica L. Tyler, Esquire
Wellness Committee Member
Office of Disciplinary Counsel

Anna Lucia Fiscella, Esquire
Wellness Committee, Co-Chair
Wilks Law, LLC

Elizabeth L. Soucek, Esquire
Ward & Taylor, LLC

Daniella Spitelli-Sarnecky, Esquire
Casarino Christman Shalk Ransom & Doss, P.A.

Cassandra Roberts, Esquire
Elzufon Austin & Mondell, P.A.

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Please note that the attached materials are supplied by the speakers and presenters and are current as of the date of this posting.

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Wellness Committee Chair
Wilks Law, LLC

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Mariella Roberts, LPCMH

I'm Not the Girl I Was or Used to Be ... I Might be Better!

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*Owner of Physical Therapy for Women, LLC
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I've Got A Feelin' We're Gonna Be Okay

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Panel Discussion:

**It's Been a Minute, Tell Me How
You're Healin', 'Cause We're About
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