Greetings MCBA Bar Association Leaders! First, we hope you are remaining safe and healthy during the COVID-19 crisis.

With the ongoing Stay-At Home Orders affecting most businesses, including law practices, our mental and emotional well-being are just as important now as our financial stability. Some of us even became instant homeschoolers, daycare workers, all day meal cooks and housekeepers, in addition to our “regular” job duties, which may have added extra stress and exhaustion to our lives.

In an effort to offer support to our members, the MCBA has designed a new program - - the MCBA RONA SUPPORT GROUP.. This will be a private ZOOM Group, with meetings held once per week (or more often if needed). The Rona Support Group (“RSG”) will be exclusive to MCBA Bar Association members. The purpose of the RSG is to provide a safe forum for MCBA members who have been directly and indirectly impacted by COVID-19 – whether you or your family member(s) or friends have tested positive, or you are simply overwhelmed during this unfortunate pandemic. In the RSG, Members may share experiences, cry, vent, and offer comfort to each other. We will also be offering Mindfulness Meditation resources and, if all agree, have guest professionals who specialize in meditation techniques that can help with mental pain and anxiety, lower stress, improve focus and reduce brain chatter.

Please kindly pass information on to your respective Bar Association Members. If you would like to join the RSG, please email us at MCBACochairs@gmail.com, with your authorization to add your email to the RSG ZOOM Group. Thereafter, you’ll receive login information for each meeting. With your authorization, please also let us know:

a) your bar association; and  
b) your preferred meeting start time of either 5:00PM, 6:00PM, OR 8:00PM.

The first RSG session will begin on Monday, April 13. Please note this is a private group, and access will only be provided to those authorized.

In moments of crisis, it’s important to support each other, and know that there are numerous resources for positive interactions with others. We hope the RSG provides MCBA Members with ingredients that will help you emotionally and mentally during, and after, the COVID-19 crisis.

Wishing you continued safety and good health,

Mia and Valarie

Mia Yamamoto and Valarie Dean  
MCBA Co-Chairs

#STAYHOMESTAYSAFE #HelpSaveLivesANDYourOwn #SelfQuarantine #BeTheSolutionNotTheProblem  
#PhysicalDistancingWORKS #MakingPositiveChangeTogether #EqualityInclusionDiversity

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