



Welcome to **MINDFUL MONDAY!**

Join us for **Mindful Monday**, presentation followed by open discussion on the newest technology impacting criminal defense. Free for Members. Open to all. Forward to a colleague.

Presentation: Holiday Blues

Presenter: Paul Jacobs

Date: Monday, November 16, 2026

Time: 12:00 – 1:00 pm

CLE: 1.00, 0 ethics

Overview: The holidays can bring joy, but also stress, loneliness, and emotional challenges. Join us for a Mindful Monday session to explore practical ways to manage the holiday blues, reduce stress, and prioritize your well-being during the season.

Bio: Paul Jacobs is an attorney and professional with the Texas Lawyers' Assistance Program (TLAP), where he helps connect judges, lawyers, and law students with the mental health and addiction resources they need. Jacobs speaks publicly to increase awareness and destigmatize mental health and substance use disorders.