



Welcome to **MINDFUL MONDAY!**

Join us for **Mindful Monday**, presentation followed by Q&A. Free for Members. Open to all. Forward to a colleague.

Presentation: Coping with the Holidays

Presenter: Barbara Drumheller

Date: Monday, December 15, 2026

Time: 12:00 – 1:00 pm

CLE: 1.00, 0 ethics

Overview: This Mindful Monday focuses on coping with holiday stress for both attorneys and clients by encouraging mindfulness, boundaries, and emotional well-being.

Bio: Joani is passionate about helping others experience authentic wholeness as a person, making vital changes to one's life in order to live in freedom and peace. Currently, she serves as the Executive Director at Cypress Lake Recovery, beginning her journey in therapeutic recovery work four years ago as a counselor at Cypress Lake, then later as Lead Therapist with the Family Programming role. She also serves with a CAC in Texas counseling children and teens who have been the victims of criminal acts. Joani loves integrating experiential modalities to the recovery process, such as art, music, and nature. She is a committed advocate to help others find their voice