



Whether you are stressed out, fearful,
or just need an infusion of new energy —
DE-LAP is here for you!

Move It Monday

Move a Muscle Change a Mood! Join us for a walking partnership between the DSBA/DE-LAP. Noon each Monday at DSBA (weather permitting).

Wellness Tuesday

The third Tuesday of every month, Behind the Cool Image: Lawyering Skills Through Wellness In the 21st Century. Each session offers free lunch, 1 ethics credit (\$50.00), speaker and discussion session.

Coffee House Wednesday

The fourth Wednesday of every month, a book discussion group with coffee, tea, and decadent munchies a partnership between the DSBA/DE-LAP.

Support Group Thursday

DE-LAP presently offers the following lawyer closed support groups: Thursday 12 step Group; Lawyers Mental Health Support Group; Caregivers Support Group — all groups closed public; confidential, free. For locations call or e-mail cwaldhauser@de-lap.org

Law Practice Support Friday

Each month, classes on Procrastination Prevention; support group reinstatement support.



For more information contact Carol Waldhauser at (302)777-0124 or e-mail cwaldhauser@de-lap.org.