

# D.C. Bar Lawyer Assistance Program BAR EXAM PREP GROUP



## Join us to learn tools to:

- Reduce test anxiety
- Get back to basics: sharpen your tool (brain)
- Tame the shame: self-compassion as a tool for resilience
- Build coping strategies for exam day

Please join this Free and Confidential group for graduates preparing to take the **D.C. Bar exam/UBE**

**Sessions will be held on Wednesday Jan 5, 19, Feb 2, & 16 at 4pm via Zoom.**

To register click [here](#).

For more information or questions, email [LAP@dcbar.org](mailto:LAP@dcbar.org)