



ORANGE COUNTY BAR ASSOCIATION
Mommy Esq. Committee

1.0 MCLE
Prevention and
Detection Competence

IN-PERSON ONLY

ONCE UPON A TIME, A MOMMY LAWYER DISCOVERED WINE:

Science & Story of Reframing Alcohol

An OCBA Mommy Esquire Monthly Meeting

Mommy Esq. Committee Chairs: Dana Heyde and Ashley Peniche Montenegro

TUESDAY, SEPTEMBER 9, 2025

Registration/Networking: 11:45 a.m. – 12:00 p.m. | Program: 12:00 p.m. – 1:00 p.m.

Orange County Bar Association | 4101 Westerly Place, Newport Beach, CA 92660



AMY GULDNER
ATTORNEY, COACH
AND FOUNDER OF
REFRAMING WELL-BEING

In the legal world, high-functioning professionals often downplay daily drinking because they're still meeting deadlines, raising families, and getting it all done. But many lawyers—especially those juggling the demands of both career and parenting—are starting to question whether “functional” is really good enough. More and more attorneys are choosing to rethink their relationship with alcohol, discovering that drinking less can lead to better health, stronger relationships, and improved performance both at work and at home. Even small changes can have a big impact. Join us for a candid, judgment-free discussion where you'll learn:

1. Why many lawyers are choosing to cut back—or cut out—alcohol
2. How alcohol affects your physical and mental well-being
3. Practical tools and ideas to explore your own habits, whether privately or with community support



Moderator
LAURIE ROWEN
ATTORNEY AND FOUNDER OF
MONTAGE LEGAL GROUP

Hosted lunch. Complimentary for Mommy Esq. Committee Members

\$15 for Non-Mommy Esq. Members, Active OCBA Attorney Members

Register at [OCBAR.ORG](https://ocbar.org) or email events@ocbar.org.

Registration deadline, Friday, September 5, 2025.

Advanced registration is required. For assistance, please contact the OCBA at events@ocbar.org.

Registration deadline is September 5, 2025. Cancellations must be received in writing via fax or e-mail 3 business days prior to the meeting date to receive a refund. Registration may not be transferrable; certain conditions apply. This activity has been approved for MCLE by the State bar of California in the amount of 1.00 Prevention & Detection Competence hour(s) as appropriate to the content of the activity. OCBA is a state bar approved MCLE provider and certifies that this activity conforms to the standards for approved education activities prescribed by the rules and regulations of the state bar of California governing MCLE. Attendees must watch the program in its entirety in order to receive Participatory MCLE credit. Cancellations must be received in writing via fax or email 3 business days prior to the meeting. OCBA reserves the right to substitute speakers.