



ORANGE COUNTY BAR ASSOCIATION
Mommy Esq. Committee

1.0 MCLE
Wellness Competence

IN-PERSON ONLY

FROM SURVIVING TO THRIVING:

Positive Psychology Strategies for Mommy Esquires

An OCBA Mommy Esquire Monthly Meeting

Mommy Esq. Committee Chairs: Ashley Peniche Montenegro and Laurie Rowen

TUESDAY, MARCH 10, 2026

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



**Moderator
LAURIE ROWEN**
ATTORNEY AND FOUNDER OF
MONTAGE LEGAL GROUP

Being both a lawyer and a mother can stretch your mental, emotional, and physical bandwidth. Explore the intersection of motherhood and legal practice through the lens of positive psychology. Discover how understanding and nurturing your psychological needs can reduce vulnerability to stress and addiction—and replace exhaustion with a renewed sense of purpose, joy, and control.

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, Thursday, March 5, 2026.

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

Registration deadline is March 5, 2026. 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 Wellness 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.