



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 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.