

Publications & News

Publications and Presentations

Offit Kurman Attorney Candace Dellacona to Speak at “The Juggling Act: Caregiving, Lawyering, and Mental Wellness” Panel

July 1, 2024

Attorney Candace Dellacona, chair of Offit Kurman’s Estates and Trusts Practice Group, will serve as a panelist for “The Juggling Act: Caregiving, Lawyering, and Mental Wellness.” This online event, co-sponsored by Lawyers for Concerned Lawyers, the National Association of Women Lawyers, and the Women’s Bar Association, aims to provide valuable strategies for managing the dual responsibilities of legal practice and caregiving.

Panel Information:

- **Title:** “The Juggling Act: Caregiving, Lawyering, and Mental Wellness”
- **Date:** July 17, 2024
- **Time:** 4:00 PM – 5:30 PM EDT
- **Location:** [Online via Zoom](#)

Panelists:

- Leslie Forde (Moderator), CEO and Founder of Mom’s Hierarchy of Needs®
- Candace Dellacona, Principal and Chair, Estates & Trusts Practice Group, Offit Kurman, P.A.
- April English, Chief Secretary to Governor Maura T. Healey
- Amy Mariani, Mediator and Attorney
- Anant Saraswat, Esq., Counsel at Wolf Greenfield

The session is a valuable resource for legal professionals seeking to enhance their well-

Related People

- Candace Dellacona

Related Services

- Estates and Trusts

being and productivity while navigating the demands of both their legal careers and caregiving responsibilities. The discussion will cover the following strategies:

- Effective time management techniques and approaches that work for lawyer-caregivers.
- Communication strategies and boundaries for managing expectations at work and home.
- Self-care and self-compassion practices to combat stress and maintain emotional resilience.
- Building a support network: Resources and tools to connect with others for tactical, strategic, and social support.

For more information and to register for this free event, [please click here](#).