



**Majlis Peguam
Bar Council Malaysia**

www.malaysianbar.org.my

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**Circular No 364/2021
Dated 15 Sept 2021**

To Members of the Malaysian Bar and pupils in chambers

Webinar on Mental Wellbeing | Reaching Out, Reaching In

The Sabah Law Society (“SLS”) is organising a webinar on mental wellbeing entitled “Reaching Out, Reaching In” on **23 Sept 2021 (Thursday)**, and they have extended an invitation to Members of the Bar to participate in this open dialogue session.

This session, facilitated by psychologist and family therapist Allan Oh, will feature three members of the legal community who will, share not only their respective personal journeys but also how they coped with their own losses.

This session is organised in the hope that it helps one “to reach in, encounter, and unpack your feelings through vicarious learning and experiencing.”

Details of the event are as follows:

Date: 23 Sept 2021 (Thursday)
Time: 3:00 pm to 4:30 pm
Platform: Zoom Video Conference
Facilitator: *Alan Oh, MCounsPsy, KB, PA, Consultant Counselling Psychologist and Family Therapist*
CPD Code: T5/23092021/SLS/SBH213251/1
CPD Point: 1
Fee: Complimentary

Please click [here](#) to register.

Thank you.

**Shahareen Begum
Secretary
Malaysian Bar**