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Say “no” to June gloom

GET OUT AND DO GOOD FOR YOURSELF AND OTHERS

“June Gloom” is a classic California weather phenomenon characterized by gray skies, morning fog, and cooler temperatures along the coast during late spring and early summer. Psychologists say this “gloom” can also impact how you feel.

If overcast summer weather has got you down, here are three tips from clinical psychotherapist *Jennifer Nurick, MA.*, along with some opportunities from Orange County and Los Angeles Trial Lawyers’ Charities, to push that fog away.

Get sunlight whenever you can

Los Angeles and Orange County Trial Lawyers’ Charities have two opportunities to play in the sun and do good at the same time.

Throw on your favorite sun protection and head to the beach to catch some waves, dip your toes in the water and clean up the gorgeous sands of Calafia Beach in San Clemente as OCTLC partners with Orange County Coastkeepers on June 6, from 9:00 a.m. to 11:00 a.m. We will bring OCTLC shirts for all volunteers. Sign up at OCTLC.org.

You can also grab some rays and join LATLC at the West Hollywood Pride Parade. On June 7 we will again participate in this colorful and fun event. Last year was incredible, and we plan to make it even better this year. Instead of marching, we will be traveling in style. You can help decorate and ride in our “float,” wearing special LATLC and CAALA t-shirts. Sign up at LATLC.org.

Get moving

“Physical activity is a proven mood booster,” says Nurick. LATLC and OCTLC have a new way to get you moving and support our biggest joint project – THE GREAT TRYKE GIVEAWAY.

We are excited to announce the first pickleball tournament – Play for Others, set for August 2 at California SMASH in El Segundo. We are raising funds for adaptive tricycles that will be presented at THE GREAT TRYKE GIVEAWAY later that month in Long Beach.

Every year, we purchase adaptive tricycles for children and young adults with special needs. These tricycles promote independence, social interaction, mobility, strength, self-esteem and quality of life.

In the past, these wonderful trykes cost between \$800 and \$1,000. This year they jumped to more than \$1,800 each. We do not want to disappoint anyone, so the more we raise, the more we can provide. Pickleball tournament sponsorships and teams are now open (<https://PICKLE26.givesmart.com>) – but don’t wait. Space is limited! This is a kid-friendly event – so bring the whole family.

Stay social

You are never alone with LATLC and OCTLC. Both of us offer volunteer opportunities that not only help make a difference in our communities but are great ways to socialize.

Upcoming events include hosting an “Under the Sea” party at Ronald McDonald House in Hollywood and serving lunch at Orange County’s Orangewood Foundation, which provides young people in Orange County with a hot meal, a safe place to stay, and a plan for the future.

Make new friends – or bring others with you to our events. Our service projects are *free*. All you need to do is *sign up and show up*. Plus, you get cool t-shirts! This is what trial lawyers do – Justice in the courtroom. Service in the community.

