



HELEN MENA

Background

Helen Mena is an Associate in Cummings & Lockwood's Private Clients Group and is based in the Naples office. She joined Cummings & Lockwood in 2024, and counsels high net worth individuals in the areas of trust and estate planning, charitable giving, tax efficient wealth transfers and related residential real estate transactions.

Helen drafts a broad range of estate planning documents for clients including Wills, Trusts, Powers of Attorney and Advanced Medical Directives. She also has experience representing Executors and Trustees throughout the estate and trust administration process.

Prior to joining Cummings & Lockwood, Helen focused her practice on estate planning, probate and trust administration, Medicaid planning, and elder law. For nearly two years, she was a featured speaker at weekly workshops and panels across Southwest Florida educating the community about Florida's Trust, Estate Administration, Medicaid for long-term care, and Elder Laws.

She has interned at various organizations including the Low Income Tax Clinic of Florida Rural Legal Services of Fort Myers, Florida, the Florida Counsel Against Sexual Violence of Tampa, Florida, and the United States Army's Judge Advocate General's Office of Fort Jackson, South Carolina.

Helen has also authored several scholarly articles.

Practice Areas

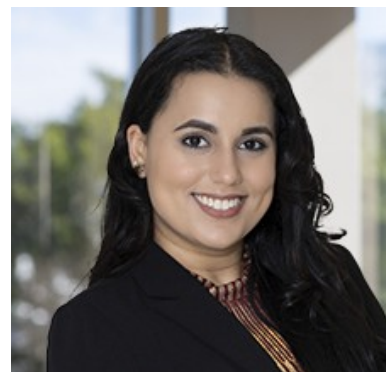
- Private Clients Group
- Wills, Trusts and Estate Planning
- Probate and Estate Administration

Education

- Ave Maria School of Law (J.D., *magna cum laude*, 2022)
- University of South Florida (B.A. in Russian Studies and B.A. in French Language and Literature, 2018)
- Florida Gulf Coast University (Associates of Arts, 2015)

Bar Admissions

- Florida, 2022



Helen Mena

Associate

Collier Place II
3001 Tamiami Trail North
Suite 400
Naples, FL 34103

T 239.649.3185

F 239.430.3321

hmena@cl-law.com

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Articles/Publications

- Victims and Congress v. The Accused and The Constitution, The Gavel, Ave Maria School of Law Moot Court Board Journal 2021-2022 Volume 14 Issue 1.
- Disenfranchising Felons: A Valid State Interest or a Poll Tax? The Gavel, Ave Maria School of Law Moot Court Board Journal 2020-2021 Volume 13 Issue 2.

Professional Recognition

- The Best Lawyers in America, "Ones to Watch", 2026