YOUR GLASS LAWLER MENTAL HEALTH EVENTS - MAY 2024

- May 1 & 15, 2024
  - 4:00 - 5:30 PM

- May 8, 2024
  - 4:00 - 5:30 PM

- May 13, 2024
  - 4:00 - 5:30 PM

- May 20, 2024
  - 4:00 - 5:30 PM

- May 6 & 27, 2024
  - 4:00 - 5:30 PM

- Summer Kick Off
  - May 31, 2024
  - 4:00 - 7:00 PM
May 6: Lesbian Lounge
May 6: Bisexual Peer Group
May 8: Running in the Street - Coming Out Peer Support Group
May 9: West of 50 Open Art Studio
May 10: Cooking Around the World
May 13: Telling Your Story
May 13: BIPOC Peer Support Group
May 14: STI Testing from Denver Health
May 15: Fingerprinting
May 15: JustSayKnow: Harm Reduction Peer Support Group
May 16: West of 50 Open Art Studio
May 20: STAR AA Peer Support Group
May 28: Men’s Coffee Group
May 31: PetSnap - Pet-Friendly Family Portraits
May 31: Summer Kick off Barbecue
Need an ONLINE community? We have discord groups for all of our peer support groups. These groups were created to further increase accessibility for our community and to form supportive groups of like-minded individuals. Scan the QR code to join our Discord server!
April Highlights

Wellness 101 with SAGA

Our director Jaylin hosted a discussion with The Center’s Saga program on healthy wellness skills and coping. This presentation included tips and tricks for healthy coping, stats on our community, and interactive activities to get the brain juices flowing. If you’re interested in having this presentation shared somewhere near you, please reach out to Jaylin Goodloe at jgoodloe@lgbtqcolorado.org

YouthSeen Book Signing

On April 11, Glass Lawler Mental Health director Jaylin Goodloe had the opportunity to attend the YouthSeen’s book signing and discussion on decolonizing therapy. The event touched on a wide variety of topics that tend to get swept under the rug.
Interest Form for Mental Health Services

Are you in need of therapeutic services? Using our page on The Center’s website, you can sign up to receive services from Glass Lawler Mental Health. Once you are deemed eligible for our services, you will be asked to complete an intake form to determine what you'd like to focus on in your therapy sessions and the severity of your symptoms. All scheduling will be completed using Simple Practice. Scan the QR code to complete the interest form!

Glass Lawler Mental Health: Interest Form

Thank you for your interest in Glass Lawler Mental Health! Please fill out this form if you are interested in being contacted about receiving free therapeutic services through our program in the near future.

First Name*

Last Name*

Email Address*

Phone Number*

Are you seeking free mental health services?*

I acknowledge that this form is only to be filled out by those seeking and consenting to free mental health services by The Center on College’s Glass Lawler Mental Health program.*

We will never share your email address. Ever.

SIGN UP
Join us in celebrating Mental Health Awareness Month! The event will feature tons of activities, including a yoga session, games, food, music, and more. Come kick off summer with us! Scan the QR code below to register!
Would you like to be a volunteer or a participant in any of the activities in the mental health space at Denver Pride this year? If so, please contact Jaylin Goodloe at jgoodloe@lgbtqcolorado.org! Our space will be called the Health and Wellness Lounge, and will feature numerous activities that will engage festival attendees in a variety of ways.
Join Glass Lawler Mental Health for a movie showing of “Moonlight” to kick off Pride Month! "Moonlight" explores the life of a young black man named Chiron as he navigates his journey through childhood, adolescence, and adulthood in Miami. Divided into three chapters, the film explores Chiron's struggles with his identity, masculinity, and sexuality against the backdrop of a challenging environment. As we follow Chiron's path towards self-discovery and self-acceptance, the film celebrates the resilience and beauty of the human spirit!

RSVP for the movie showing using the QR code above!
Mindfulness Prompt for the Month

What are you looking forward to seeing at Denver Pride and at our mental health space? (Please send responses to jgoodloe@lgbtqcolorado.org)