

# NEWSLETTER

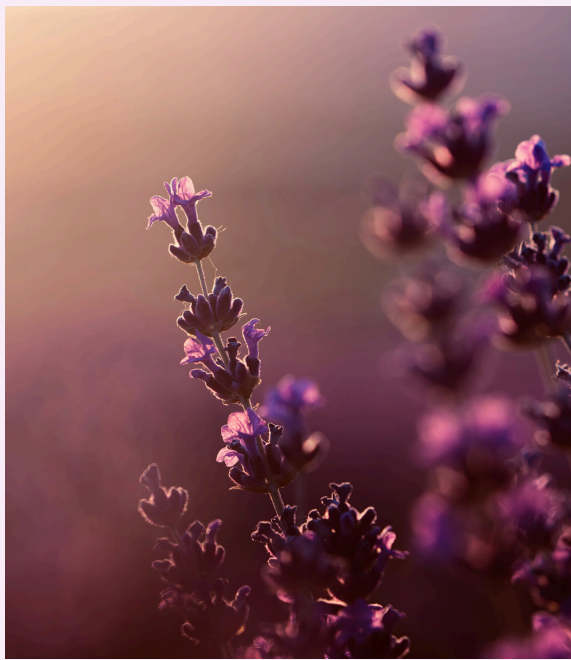
## *Glass Lawler Mental Health Edition*



RELEASE DATE  
NOVEMBER 2024

[lgbtqcolorado.org/mental-health](https://lgbtqcolorado.org/mental-health)

Your Guide to Being in the Know



### **Your Glass Lawler Mental Health Events - November 2024**

- Nov. 4 and 25 2024
  - 4:00 - 5:30 PM



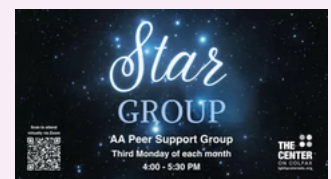
- Nov. 6 and 20, 2024
  - 4:00 - 5:30 PM



- November 11, 2024
  - 4:00 - 5:30 PM



- November 18, 2024
  - 4:00 - 5:30 PM



#### WHAT'S INSIDE?

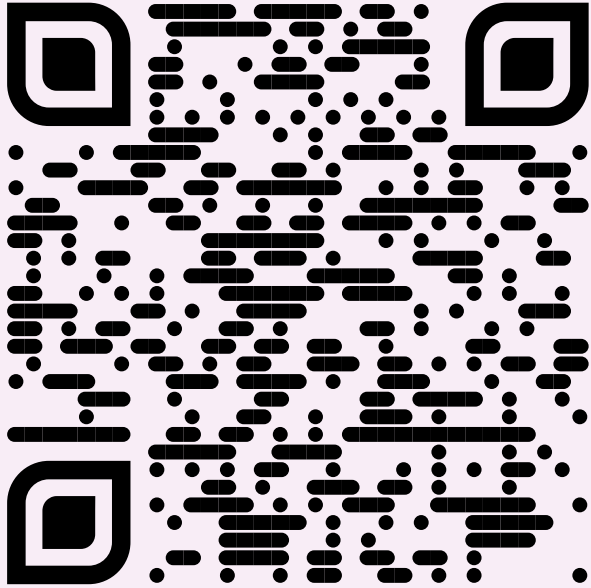
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# November Calendar

Scan the QR code for the full calendar of events



- **November 1:** Thankful 4U: West of 50's Thanksgiving Celebration
- **November 1:** Monster Bash
- **November 6:** Rainbow Writers Room
- **November 8:** Creative Meditation with Quána Madison
- **November 13:** Push'n Pansies
- **November 13:** Tarot Workshop with Bridge the Gap Tarot
- **November 14:** Transformation
- **November 18:** Servicios de la Raza: Pavo y canastas de comida navideña / Turkey and Holiday Food Baskets
- **November 25:** Servicios de la Raza: Pavo y canastas de comida navideña / Turkey and Holiday Food Baskets

## MENTAL HEALTH FACT



### *Holiday Prep*

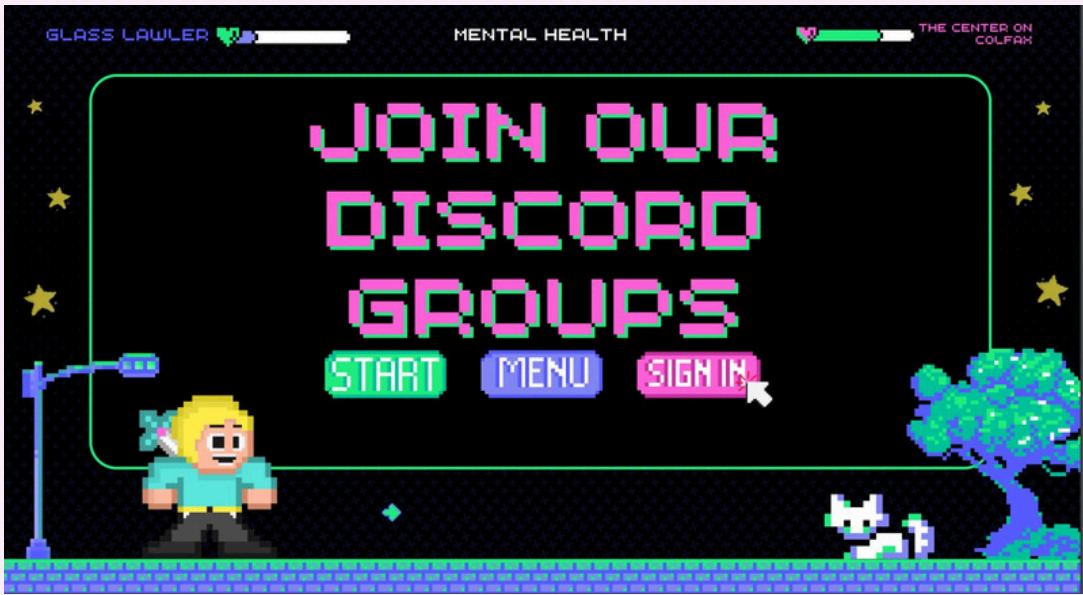
With the holiday season fast approaching, Glass Lawler Mental Health would like to share a few tips on getting ahead of the holiday blues.

**Supportive communities make a difference!**

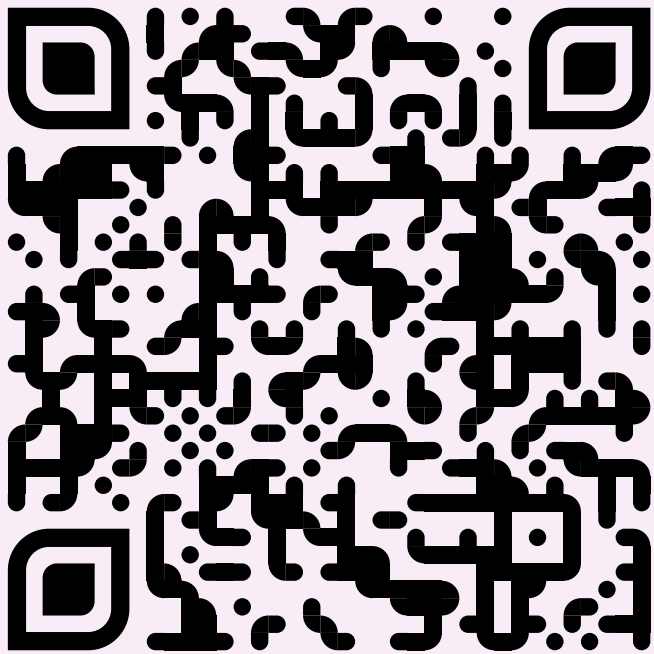
- **Fact:** LGBTQ+ individuals who have strong social support and affirming environments report better mental health and reduced levels of anxiety, depression, and suicidal thoughts.
- **Takeaway:** Finding or building supportive spaces—whether it's friends, chosen family, or LGBTQ+ groups—can significantly improve your mental well-being.



# DISCORD GROUPS



Welcome to  
Glass Lawler Mental Health  
Program's server



Need an ONLINE community?  
We have discord groups for all  
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!

# Summer Highlights

## Celebrating our One Year Anniversary

### *Lunch & Learn*

Glass Lawler Mental Health turned one year old on September 7! To celebrate this grand accomplishment the program celebrated by giving back to our community members. On the first day we celebrated by hosting a Lunch n' Learn that showcased the work that has been done over the past year to get to where we are today.



# Summer Highlights

## Acudetox



We continued our week of celebrations with an AcuDetox clinic!

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## Movie Night



We closed out our celebratory week with a community movie screening of “Perks of Being a Wallflower”!

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# Updated Interest Form for Mental Health Services

Glass Lawler Mental Health has updated our service interest form platform! The new form has the same format and questions, but will just be sent to us via our new database system. Check out the photo below for a peek at the new interest form look.


**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.

Take future action with a single click.  
[Log in](#) or [Sign up](#) for FastAction

First Name	Last Name
<input type="text"/>	<input type="text"/>
Email	Phone Number
<input type="text" value="email@email.com"/>	<input type="text"/>

Remember me so that I can use *FastAction* next time. 

**Additional Information**

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 Colfax's Glass Lawler Mental Health program.

[Sign Up](#)

# Updated Disclaimer for Website and Interest Form

## Please Read: Services Disclaimer

Thank you for choosing Glass Lawler Mental Health. This program is designed to support individuals with mild to moderate mental health concerns. We do not provide services for severe mental health conditions, including but not limited to active suicidal ideation, severe depression, psychosis, or any other acute mental health crises. If you are experiencing any of these severe symptoms, Glass Lawler Mental Health may not be fit to offer you care. However, we have built a referral network of mental health professionals that are better equipped for this level of care.

If you or someone you know is experiencing severe symptoms or is in crisis, please seek immediate assistance by contacting emergency services or visiting the nearest emergency room.

**Once your intake paperwork has been fully completed, please wait to receive an e-mail from us before attempting to schedule an appointment.** The scheduled appointment will not occur until we have contacted you with further information on scheduling.

Our referral process is defined by our community members' interest to continue to receive services. During the 12th session, a community member has the option of coming in for a referral meeting. This meeting is characterized by reflecting on progress, discussing referrals and their fit with the community member's needs, and deciding on whether the community member would like to continue. Once a decision has been made, the clinician will send the community member the clinicians that may be a good fit or they will discontinue services.

Glass Lawler Mental Health always strives to provide the best care and referrals possible for each individual who comes through our program. To ensure this is possible, we have added a disclaimer to our webpage and service interest form. We hope this better clarifies the services we are able to provide to our community members, and the services which we will provide external referrals for. Please refer to this statement when filling out our service interest form.

# Glass Lawler Spotlight

Hello, all! My name is Helena Juntunen, I use she/her/hers pronouns and am super excited to be interning with The Center on Colfax this fall. I chose The Center as my internship location because I loved the various programming available and the mission to engage and empower the LGBTQ community in Colorado. As a first year Masters of Social Work student, I am excited to step into a new role (I've been working with kids the past two years) and gain new experiences. Particularly, I hope to accomplish gaining the necessary skills needed to begin my journey in the therapy realm. In my free time, I enjoy being outside. In the summer you can find me hiking, camping or playing tennis! My partner and I play on a tennis doubles league together and love meeting and hitting with new people. I have recently found a new hobby in water color painting- while I am not the best, I find it very relaxing!

**Welcome our  
newest intern,  
Helena Juntunen!**



Helena Juntunen

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# Glass Lawler Spotlight

**Welcome back our  
amazing interns,  
Joyce Ignacio and  
Derek Torres Diaz!**



Joyce Ignacio



Derek Torres Diaz

WELCOME BACK!!! Glass Lawler Mental Health is so excited to invite two of our past interns back to the program. They have completed their required duties this summer and are ready to begin services with our loving community. If you see them around, make sure to welcome them back!

# Intern Search



Are you passionate about helping others? Are you pursuing your degree in marriage and family counseling, social work, or any field related to mental health services? Do you need guaranteed hours? If you answered yes to any of those questions, we have an opportunity for you! Glass Lawler Mental Health is looking for two dedicated masters level or high level students who need clinical hours for the fall. Contact Jaylin Goodloe with questions on how to apply at [jgoodloe@lgbtqcolorado.org](mailto:jgoodloe@lgbtqcolorado.org)

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# December Event



## **Holiday Haven Express**

*Embracing Joy and Overcoming Holiday Blues*

Join us on December 7 for a workshop style event to help our community combat the holiday blues that can come during this season. The event will feature a presentation on coping and preparing yourself for the holidays, a build-your-own survival toolkit workshop, and a self-care meditative circle to discuss our intentions and experiences during the holidays. We will close out with a chosen family celebration to remind us of who we have by our side when we are in need of love and support.

All community members are welcome, and we encourage you to invite your chosen family members to celebrate with us! Stay tuned for a registration form coming soon.

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# ***Mindfulness Prompt for the Month***

Take a few moments to center yourself with deep, calming breaths. Once you feel grounded, reflect on your personal journey as an LGBTQ+ individual. With a journal or a blank page in front of you, write about the following:

- What has been the most empowering moment in your journey of self-acceptance?
- How have you grown through the challenges you've faced?
- What aspects of your identity make you feel proud and strong?
- What messages of love or encouragement would you give your younger self or someone else in the LGBTQ+ community?

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