

NEWSLETTER

Glass Lawler Mental Health Edition



RELEASE DATE
OCTOBER 2025

lgbtqcolorado.org/mental-health

Your Guide to Being in the Know



Your Glass Lawler Mental Health Events - October 2025

- October 7 and 28
 - 4:00 - 5:30 PM



- October 8, 2025
 - 10:00 AM - 5:00 PM



- October 14, 2025
 - 4:00 - 5:30 PM



- October 2 and 16, 2025
 - 4:00 - 5:30 PM



WHAT'S INSIDE?

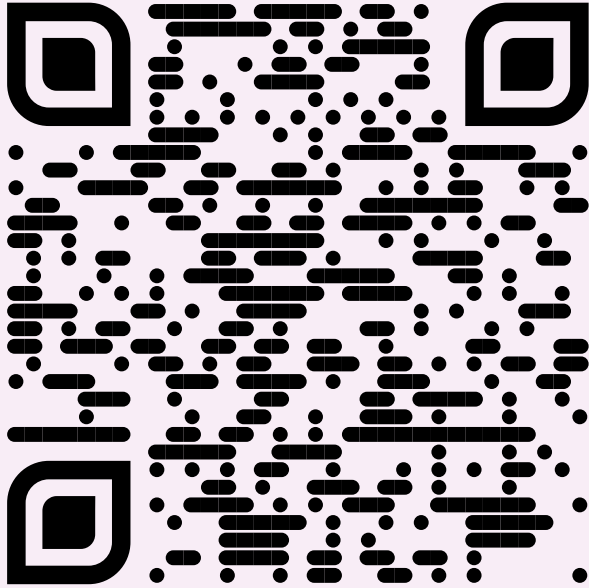
- Program Events pg. 1
- The Center Events pg. 2
- Mental Health Fact of the Month pg. 2
- Discord Groups pg. 3
- Updated Service Interest Form pg. 4
- Gender Affirming Care Letter Lab pg. 5
- Participant Survey pg. 6
- Mindfulness Prompt of the Month pg. 7

READ MORE

PAGE 1

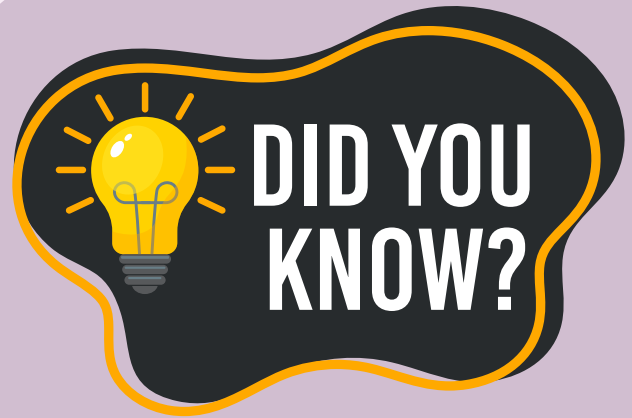
October Calendar

Scan the QR code for the full calendar of events



- **October 6:** STI Testing
- **October 8:** Tarot Workshop with Bridge the Gap Tarot
- **October 9:** Emergency? Don't Know Her
- **October 11 :** The Schule of Drag
- **October 13:** Knights of the Lavender Table
- **October 15 :** Creative Meditation with Quána Madison – Young Adults and Adults Program
- **October 16:** Halloween Rainbow Writers Room: Writing Queer Horror
- **October 18:** Clothing Swap
- **October 19:** The Schule of Drag – Final Showcase
- **October 20:** Servicios de la Raza Drop In
- **October 22:** News Flash
- **October 29:** Colorado Fingerprinting

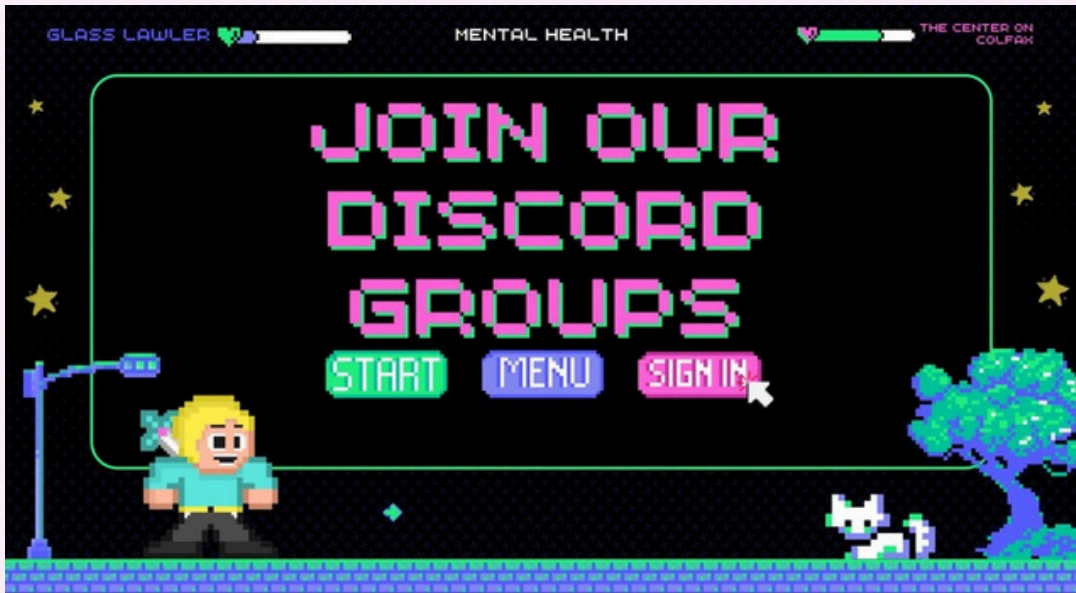
LGBTQ+ FACT



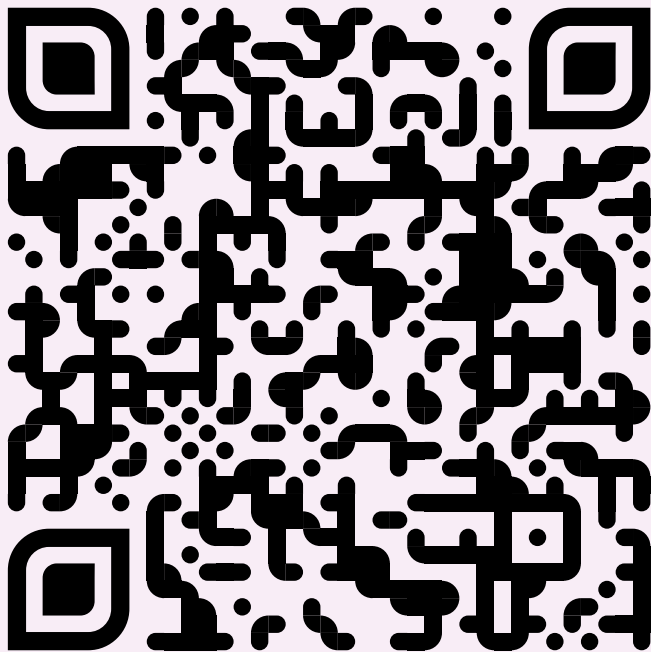
Between June 2024 and May 2025:

- LGBTQ+ representation in Congress grew by 8%, with a decline in Senate seats and an increase in House seats.
- LGBTQ+ elected officials of color overall increased by 6.92% since 2024.
- AAPI LGBTQ+ elected officials increased the most since 2024, growing by 32.6%.

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!

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](#)

fastaction

First Name

Last Name

Email

email@email.com

Phone Number

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

Additional Information

Are you seeking free mental health services?

- Select -

☐ 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

Gender Affirming Care Letter Lab



The Gender Affirming Care Letter Lab offers compassionate, collaborative support for individuals ages 18+ who are seeking letters in alignment with World Professional Association for Transgender Health (WPATH) guidelines. This space is designed for trans, nonbinary, and gender-diverse people navigating access to gender affirming care such as hormone therapy, surgery, or legal affirmations.

Whether you're just getting started or need a letter urgently, our trained mental health professionals provide culturally competent, trauma-informed guidance to help you feel seen, supported, and affirmed. Access to care shouldn't be a barrier to being yourself, and we're here to make the process more accessible.

Please take our Participant Survey!



Glass Lawler Mental Health always strives to provide the best care, programming, and support. As we continue to grow and improve our mental health program, your feedback is invaluable. We want to hear about your experiences, thoughts, and ideas to ensure our services meet your needs and expectations.

That's why we're inviting you to **participate in our Participant Survey!** It only takes about 5 minutes to complete, and your input will directly impact the way we design and deliver our program.

The QR code above is how you can access it! Your feedback is needed and valued. Thank you!

Mindfulness Prompt for the Month

How do you stay in touch with yourself and those who make you feel good?
