

# NEWSLETTER

## *Glass Lawler Mental Health Edition*



RELEASE DATE  
FEBRUARY 12, 2024

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

Your Guide to Being in the Know



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

- February 7, 2024
  - 4:00 - 5:30 PM
- February 10, 2024
  - Field Trip- Museum for Black Girls
  - 12:00 pm-2:00 pm
- February 12, 2024
  - 4:00 - 5:30 PM
- February 14, 2024
  - 4:00 - 5:30 PM
- February 21, 2024
  - 4:00 - 5:30 PM



#### WHAT'S INSIDE?

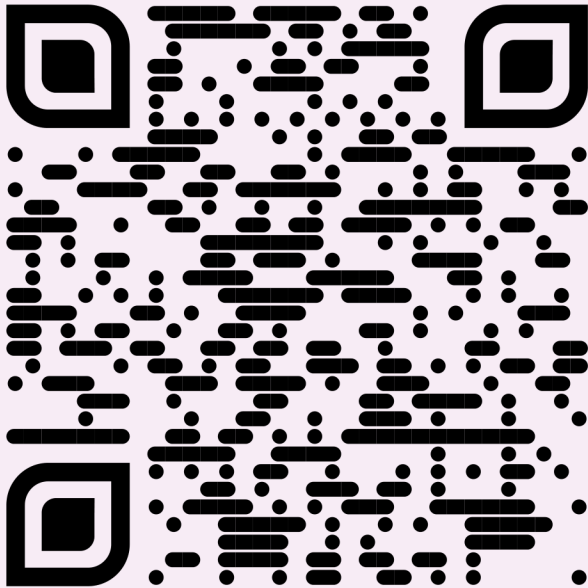
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# February Calendar

Scan the QR code for the full calendar of events



- **February 13:** Online Trans & Nonbinary Adults 40+ Group
- **February 13:** Rainbow Alley's Vent Room
- **February 14:** Vaccine Clinic
- **February 15:** LGBTQ+alks - Aging & Grief Support Group
- **February 15:** Aromantic Support Group
- **February 16:** Valentine's Day Movie Night
- **February 17:** Clothing Swap Day
- **February 19:** The Center CLOSED for President's Day
- **February 21:** JustSayKnow: Harm Reduction Support Group
- **February 22:** Community Update Meeting
- **February 23:** Disability Peer Support Group
- **February 26:** Lesbian Lounge
- **February 26:** Sexuality & Disability
- **February 29:** LGBTQ+ Writers Group

## MENTAL HEALTH FACT

### February is Black History Month

To celebrate Black History month this month, here are some key facts about some of the leaders in our very own community.

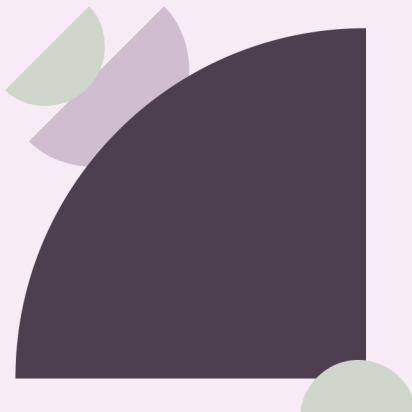
**The Harlem Renaissance:** The Harlem Renaissance of the 1920s and 1930s was a cultural movement that celebrated Black art, literature, music, and theater. While many prominent figures of the Harlem Renaissance were not openly LGBTQ+, scholars have noted the presence of LGBTQ+ themes and individuals within the movement, such as the poet Langston Hughes, whose work often explored themes of sexuality and desire.

**Barbara Jordan:** Barbara Jordan was an African American politician and civil rights leader who became the first Black woman elected to the Texas Senate and the first Black woman from the South elected to the United States House of Representatives. While Jordan did not publicly discuss her sexual orientation during her lifetime, she is widely regarded as a LGBTQ+ trailblazer due to her contributions to politics and civil rights.

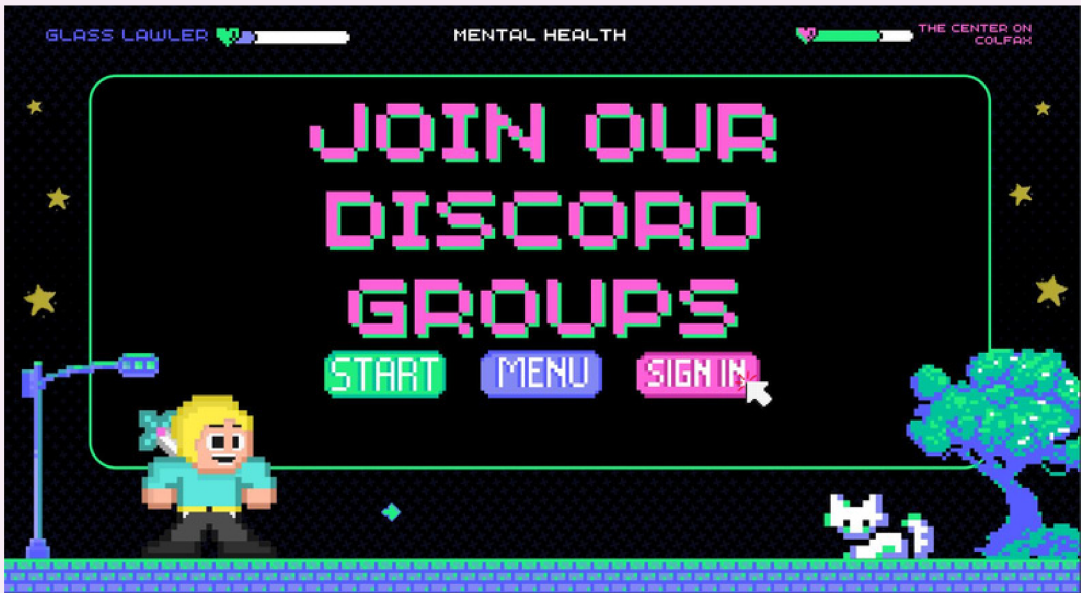
**Althea Garrison:** Althea Garrison, an African American transgender woman, made history in 1992 when she was elected as a Republican member of the Massachusetts House of Representatives, becoming the first openly transgender person to serve in a state legislature in the United States.

**Bayard Rustin:** Bayard Rustin was a key figure in the civil rights movement and a close advisor to Martin Luther King Jr. He played a significant role in organizing the 1963 March on Washington for Jobs and Freedom, where King delivered his famous "I Have a Dream" speech. Rustin was openly gay and faced discrimination within both the civil rights movement and broader society due to his sexual orientation.

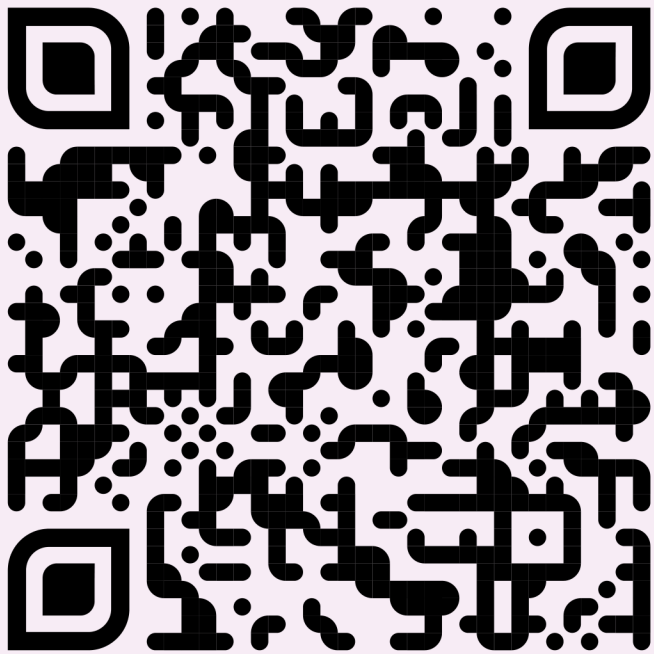
**Garrett Morgan's Traffic Signal:** Garrett Morgan, an African American inventor and entrepreneur, patented the three-position traffic signal in 1923. His design, which included the yellow caution light, helped improve road safety and became a standard feature in traffic management systems worldwide.



**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!

# January Highlights

## MLK Business Awards Luncheon



In celebration of Martin Luther King, Jr. Day, program representatives from Glass Lawler Mental Health, RANGE Consulting, Saga, Rainbow Alley, the Transgender Program, and our CEO Rex Fuller were able to attend the MLK Business Awards Luncheon. The event had delicious food, fantastic speakers including Denver's new mayor, Mike Johnston, and an awards ceremony.

## Vision Board Party

The Vision Board Party was a success! The goal of this event was to begin the new year in a hopeful and community filled way. This event entailed community building, a moment of reflection, delicious food, and many more amazing things. Thank you to who all showed up. Enjoy the photos!



## Creating Change Conference

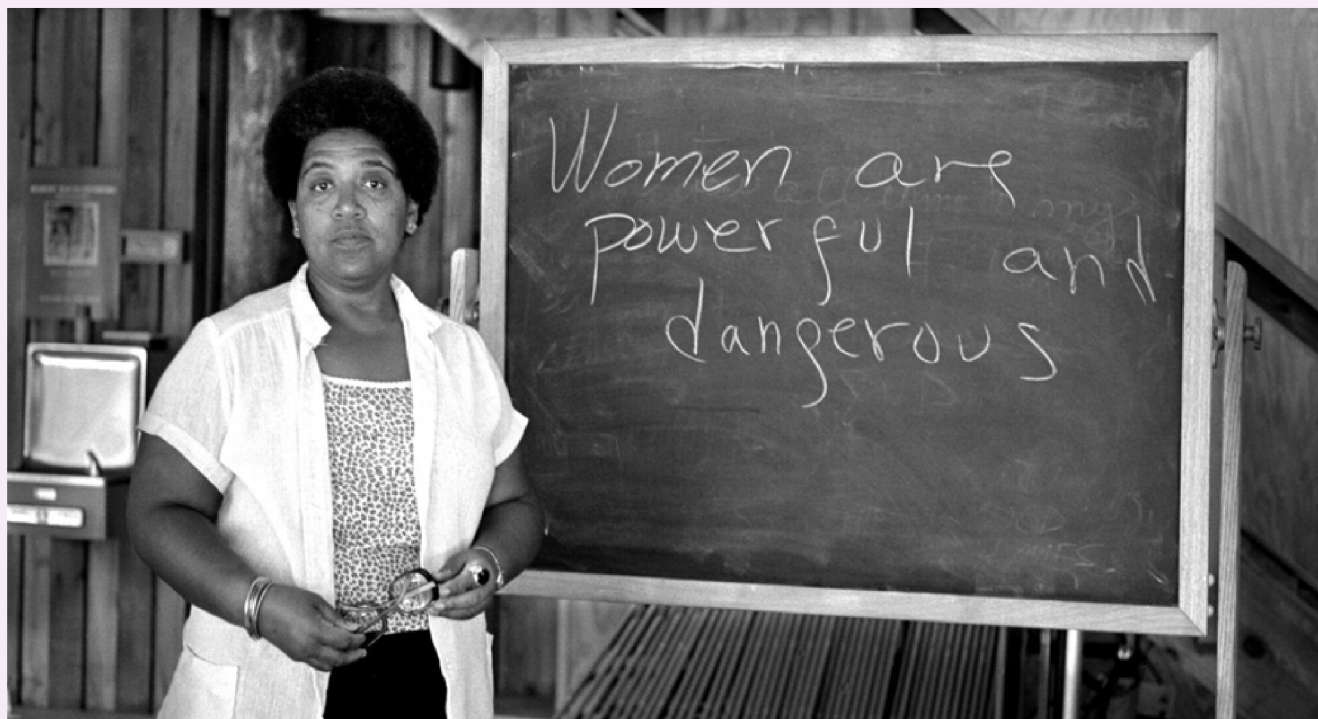
Glass Lawler Mental Health and Saga attended the Creating Change Conference! We met Ms. Major, networked, explored the beautiful city of New Orleans, and made some life-long friends.



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# Glass Lawler Spotlight of the Month: Black History Edition



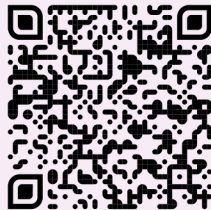
Audre Lorde was an American poet, essayist, and autobiographer known for her passionate writings on lesbian feminism and racial issues. She married in 1962 and wrote poetry while working as a librarian at Town School in New York; she also taught English at Hunter College. In 1968 her first volume of poetry, *The First Cities*, was published, and Lorde briefly left New York to become poet-in-residence at Toogaloo College in Mississippi. In 1979, she was a prominent speaker at the National March on Washington for Lesbian and Gay Rights. In 1981, with Barbara Smith and several other writers, Lorde founded Kitchen Table: Women of Color Press. Kitchen Table was devoted to promoting feminists of color and their writings. Lorde was also a founding member of Sisterhood in Support of Sisters in South Africa, an organization that advocated on behalf of women living under apartheid.

Lorde was a professor of English at John Jay College of Criminal Justice and Hunter College. She received many honors throughout her career including the 1990 Bill Whitehead Memorial Award and the 1991 Walt Whitman Citation of Merit, making her the Poet Laureate of the State of New York for 1991-1992. Her 1988 prose collection *A Burst of Light* won a Before Columbus Foundation National Book Award. Lorde earned honorary doctorates from Hunter College, Oberlin College, and Haverford College. In 2001, the Publishing Triangle association instituted the Audre Lorde Award for distinguished works of lesbian poetry. Lorde was posthumously elected to the American Poets Corner at the Cathedral of St. John the Divine in New York City in 2020.

Lorde's cancer returned and she passed away in 1992. Shortly before her death, she participated in an African naming ceremony in which she took the name Gamba Adisa. Befitting the writer who continually explored and expressed her self-identity, it means "Warrior: She Who Makes Her Meaning Known."

# 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 Colfax's Glass Lawler Mental Health program.\*

We will never share your email address. Ever.

[SIGN UP](#)

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# Religious Trauma Group Announcement

*we have expanded*

You see it correctly - we have expanded the Religious Trauma Support Group! The group will now be held every first and third Wednesday of the month, with the addition of a book club component. This expansion would not have been possible without your amazing participation - see you at the next group!



# NEW Bisexual Peer Group

Interested in meeting new people and building true connections with those just like you!? Please be on the look out for the details about our new Bisexual Peer Group, which will meet on the fourth Monday of each month!



# Museum for Black Girls Field Trip

MUSEUM FOR *Black Girls*



**Join Glass Lawler Mental Health for a field trip to the Museum for Black Girls in celebration of Black History Month!**

About the Museum for Black Girls: The Museum for Black Girls is an immersive pop-up sensory museum featuring over 15+ art installations where guests not only see the art but feel and interact with it. Being a black girl is an experience! Museum for Black Girls wants to each guest to leave the experience feeling motivated and inspired to create their own beautiful stories and history.

When: Saturday February 10, 2024 @ 12:00 pm

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