

NEWSLETTER

Glass Lawler Mental Health Edition



RELEASE DATE
DECEMBER 2024

lgbtqcolorado.org/mental-health

Your Guide to Being in the Know



Your Glass Lawler Mental Health Events - December 2024

- Dec. 2 and 23 2024
 - 4:00 - 5:30 PM



- Dec. 4 and 18, 2024
 - 4:00 - 5:30 PM



- Dec. 7, 2024
 - 1:00 - 5:00 PM



- December 9, 2024
 - 4:00 - 5:30 PM



- December 16, 2024
 - 4:00 - 5:30 PM



WHAT'S INSIDE?

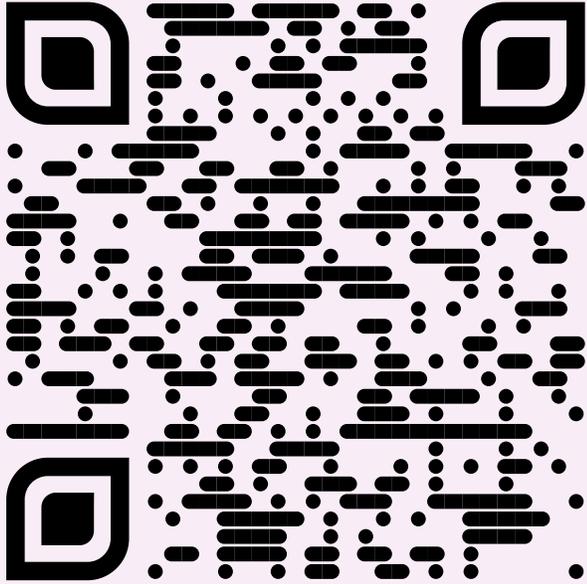
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December Calendar

Scan the QR code for the full calendar of events



- **December 2:** Lunch & Learn - Therapeutic Masturbation
- **December 4:** Club 50
- **December 5 :** Rainbow Writers Room
- **December 6 :** The Center's Holiday Party and Art Show
- **December 7:** Holiday Haven Express: Embracing Joy and Overcoming Holiday Blues
- **December 11:** Tarot Workshop with Bridge the Gap Tarot
- **December 14:** Rainbow Alley Holigay
- **December 23:** Stitch & Bitch
- **December 25 - January 1:** The Center Closed for Winter Break

MENTAL HEALTH FACT



Holiday Prep



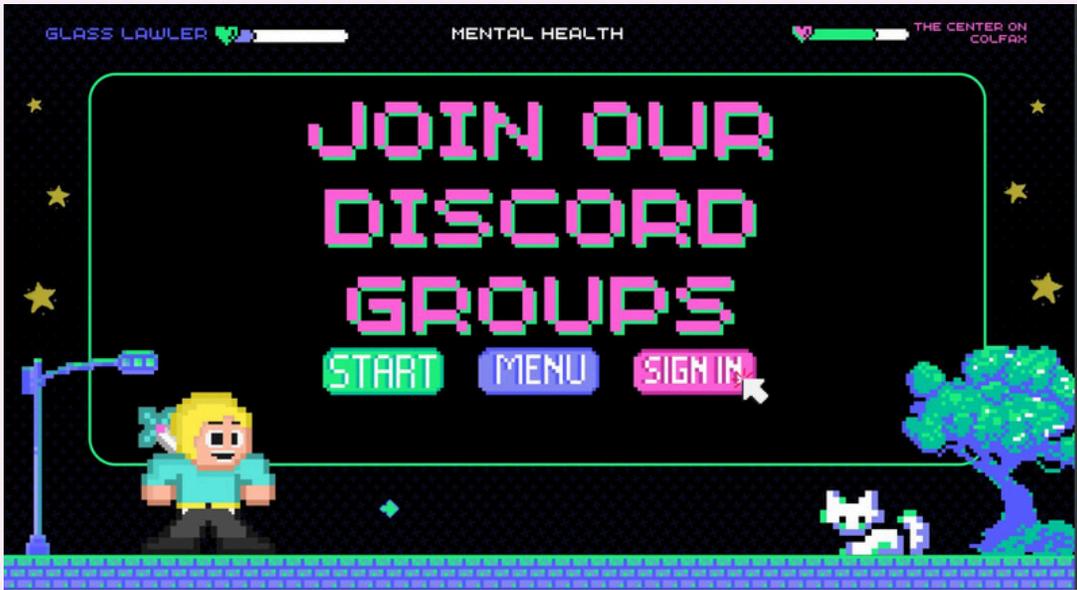
With the holiday season fast approaching, Glass Lawler Mental Health would like to share a few tips on getting ahead of the holiday blues.

Supportive communities make a difference!

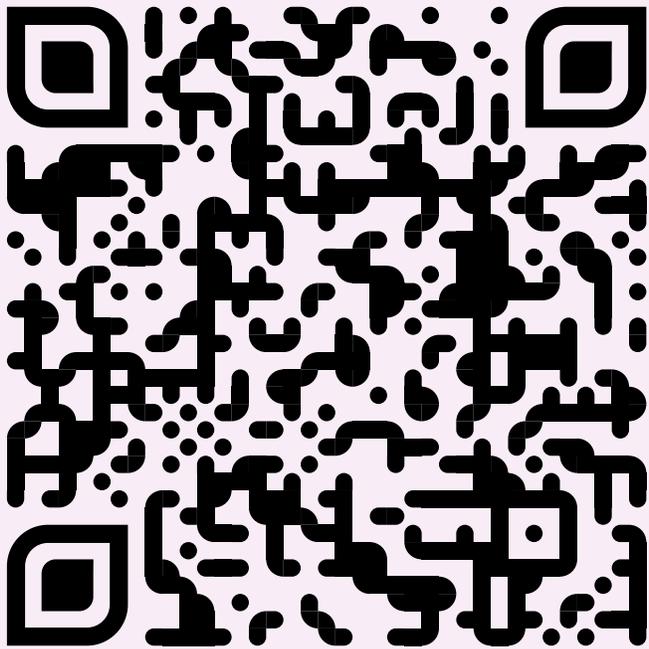
- **Fact: LGBTQ+ individuals who have strong social support and affirming environments report better mental health and reduced levels of anxiety, depression, and suicidal thoughts.**
- **Takeaway: Finding or building supportive spaces—whether it's friends, chosen family, or LGBTQ+ groups—can significantly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

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](#)

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!

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

READ MORE

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Practice self care with us!



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! To RSVP for the event, visit lgbtqcolorado.org/event/holiday-haven-express/

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Holiday Haven Express Schedule

Schedule of Events

- 1:15-2:15 Home for the Holidays: Coping Strategies for LGBTQ Folks (Lunch n' Learn)
- 2:30-3:20 Build a Holiday Survival Kit
- 3:30- 3:50 Holiday Self Care Circle
- 4:00 -5:00 Chosen Family Celebration & Resilience Party



To learn more and
RSVP for the event,
scan the QR code!

