

NEWSLETTER

Glass Lawler Mental Health Edition



RELEASE DATE
JANUARY 2025

lgbtqcolorado.org/mental-health

Your Guide to Being in the Know



Your Glass Lawler Mental Health Events - January 2025

- January 6 and 27
 - 4:00 - 5:30 PM



- January 13, 2025
 - 4:00 - 5:30 PM



- January 15, 2025
 - 4:00 - 5:30 PM



- January 17, 2025
 - 4:00 - 7:00 PM



WHAT'S INSIDE?

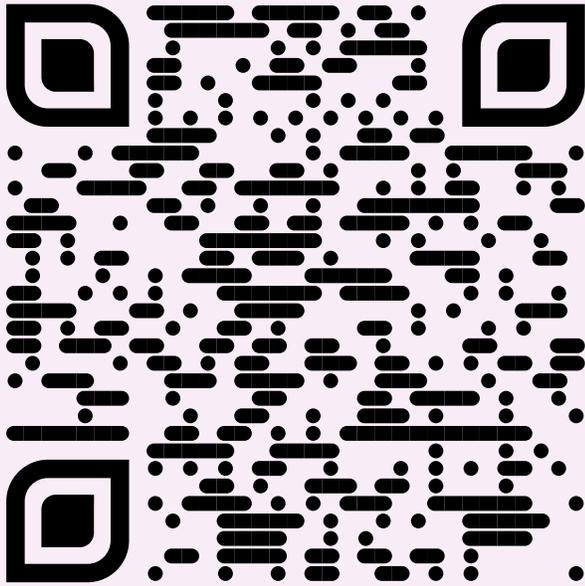
- Program Events pg. 1
- The Center Events pg. 2
- Mental Health Fact of the Month pg. 2
- Discord Groups pg. 3
- Updated Interest Form for Services pg. 4
- Participant Survey pg. 5
- End of the Year Highlights pg. 6
- Intern Search pg. 7
- January Event - Vision Board Party pg. 8
- Registration QR Code for Vision board party pg. 9
- Mindfulness Prompt of the Month pg. 10

[READ MORE](#)

PAGE 1

January Calendar

Scan the QR code for the full calendar of events



- **January 2:** The Center Reopens after Winter Break
- **January 3:** Movement Therapy
- **January 6:** Stitch & Bitch
- **January 7:** Saga Drop-In
- **January 8:** Trans-Inclusive Family Support Group
- **January 13:** Online Dating Success
- **January 16:** Lunch Bunch: La Fillette Bakery
- **January 20:** The Center Closed in observance of MLK Jr. Day
- **January 27:** Servicios de la Raza Drop-In
- **January 31:** Rainbow Alley's DnD Club



MENTAL HEALTH FACT

2025

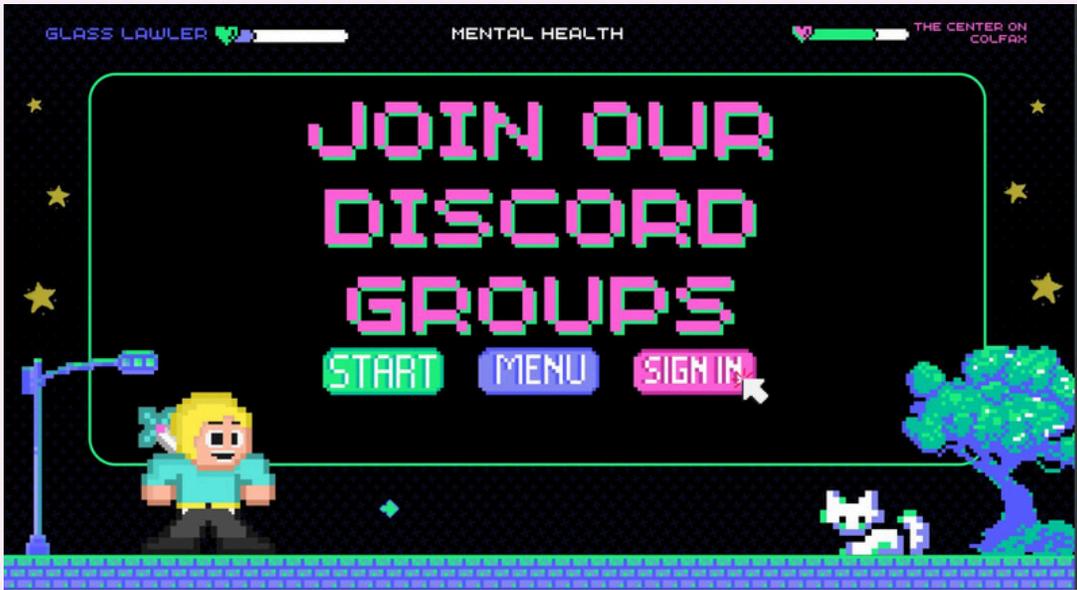
New Year's Fact

"January is a time of new beginnings, but it can also bring post-holiday blues. LGBTQ+ individuals are more likely to experience seasonal depression due to isolation, family challenges, or lack of support. **Prioritize self-care, seek affirming spaces, and remember: your mental health matters, and you are not alone.**"

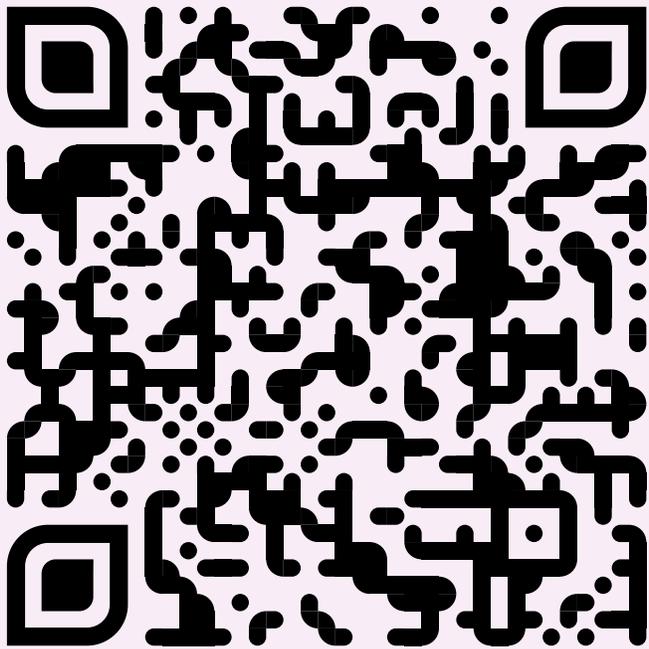
Message of the Month

"**Connection is healing. Surround yourself with people who affirm and celebrate you. Whether it's friends, chosen family, or local LGBTQ+ spaces, remember—you don't have to go through anything alone. Your community is here for you, and you are always worthy of belonging.**"

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.

Please take our Participant Survey!



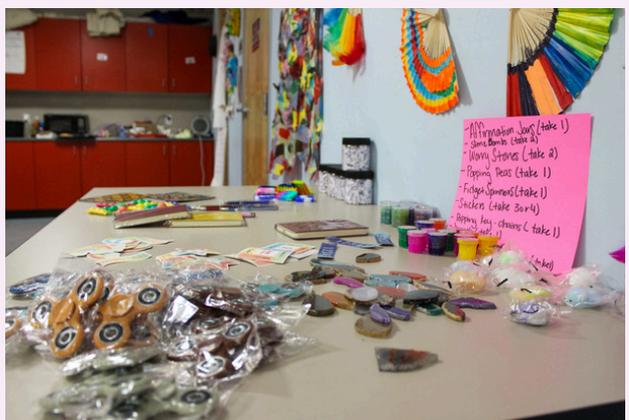
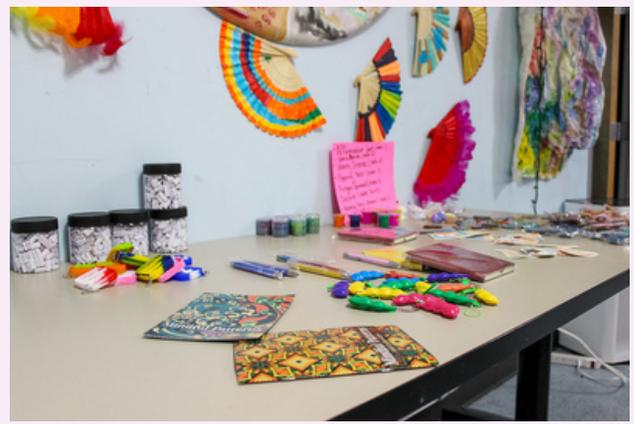
Glass Lawler Mental Health always strives to provide the best care, programming, and support. As we continue to grow and improve our mental health program, your feedback is invaluable. We want to hear about your experiences, thoughts, and ideas to ensure our services meet your needs and expectations.

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!

December 2024 Highlights

Glass Lawler Mental Health always strives to provide the best care, programming, and support. This past December, we aimed to showcase by giving back to our community with a workshop about beating the holiday blues. This workshop featured four parts and ended with a celebration with our chosen friends and family. This time was intended to help our community build boundaries and coping skills to help them get through the holidays. Thank you to everyone who attended!



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

PAGE 7

Vision Board Party

Come ring in the new year with us!



Join us January 17, 2024 from 4:00 - 7:00 PM to make vision boards! The vision party will happen right here at The Center on Colfax. We will set intentions for the new year, connect with friends, and enjoy one another's company. Check out photos from last year's party for a sneak peek of what's to come! Scan the QR code on page 9 to register!



Vision Board Party

Scan this QR code to register for our vision board party! We would love to have you!



Mindfulness Prompt for the Month

As the new year begins, take a moment to reflect: What parts of yourself do you want to celebrate more this year? How can you honor your identity, your growth, and your joy in ways that feel authentic and affirming? Breathe deeply, and set an intention for how you want to care for yourself and embrace your truth in 2024.
