

# NEWSLETTER

## *Glass Lawler Mental Health Edition*



RELEASE DATE  
FEBRUARY 2025

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

Your Guide to Being in the Know



### **Your Glass Lawler Mental Health Events - February 2025**

- February 3 and 24
  - 4:00 - 5:30 PM



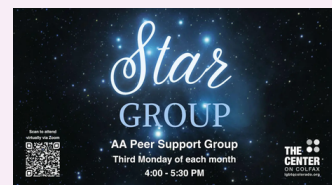
- February 5, 2025
  - 4:00 - 5:30 PM



- February 10, 2025
  - 4:00 - 5:30 PM



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



#### WHAT'S INSIDE?

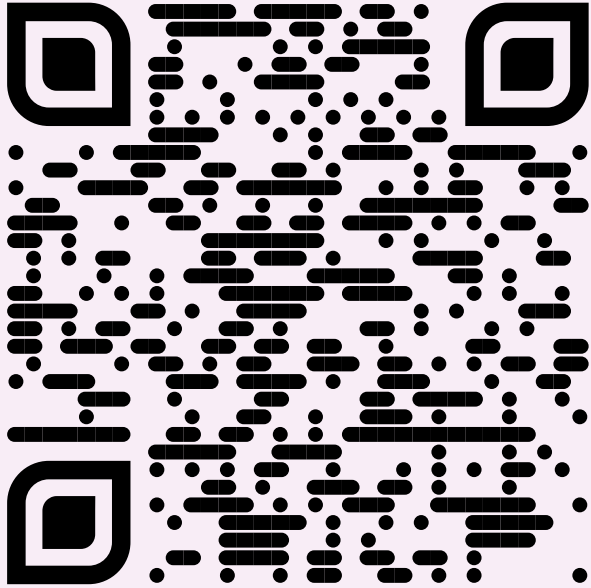
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# February Calendar

Scan the QR code for the full calendar of events



- **February 3:** Telling Your Story
- **February 3:** Matt Kailey History Committee
- **February 6:** Movement Therapy
- **February 7:** Ace Space Support Group
- **February 8:** Trans-Inclusive Family Support Group
- **February 11:** Older, Wiser, Sexually Smarter
- **February 12:** JustSayKnow: Harm reduction
- **February 14:** Valentines Day Celebration
- **February 17:** Servicios de la Raza Drop-In
- **February 18:** Online Trans & Nonbinary Adults 40+ Group
- **February 24:** Servicios de la Raza Drop-In
- **February 28:** The Bias Inside Us

## MENTAL HEALTH FACT

### *Black History Month*

#### Moments in LGBTQ+ and Black History

**The Ballroom Scene** - Originating in Harlem in the early 20th century, the ballroom scene became a safe space for LGBTQ+ people of color. It birthed voguing, a dance style that celebrates creativity, self-expression, and identity.

**Combahee River Collective** - This Black feminist lesbian organization, founded in the 1970s, emphasized the intersectionality of race, gender, and sexuality in their fight for social justice.

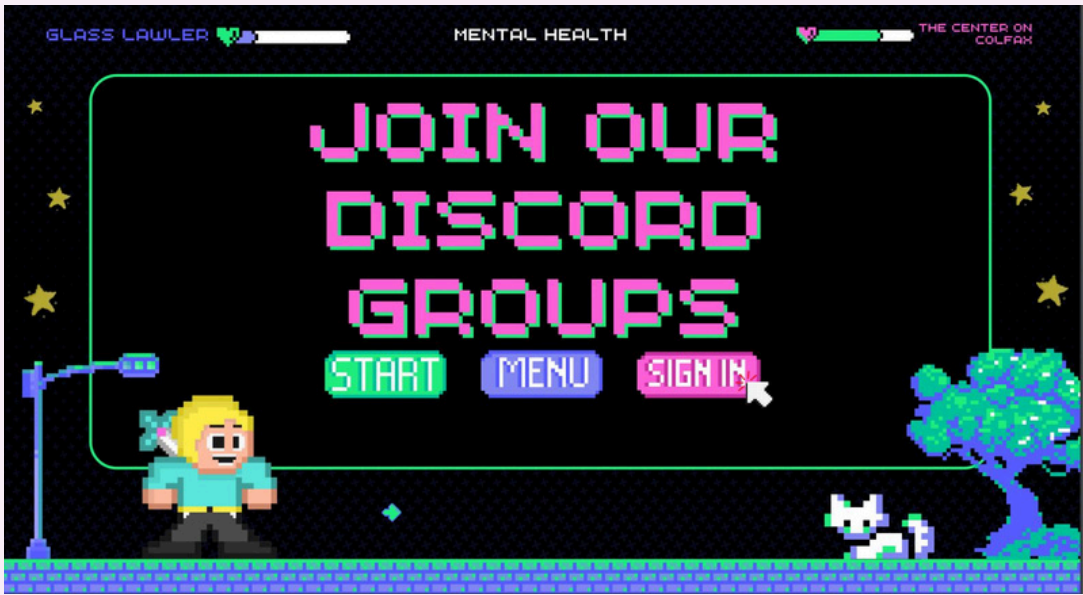
**National Black Justice Coalition (NBJC)** - Founded in 2003, the NBJC is dedicated to empowering Black LGBTQ+ people and addressing the unique challenges at the intersection of racial justice and LGBTQ+ equality.

#### Movie Suggestion of the Month

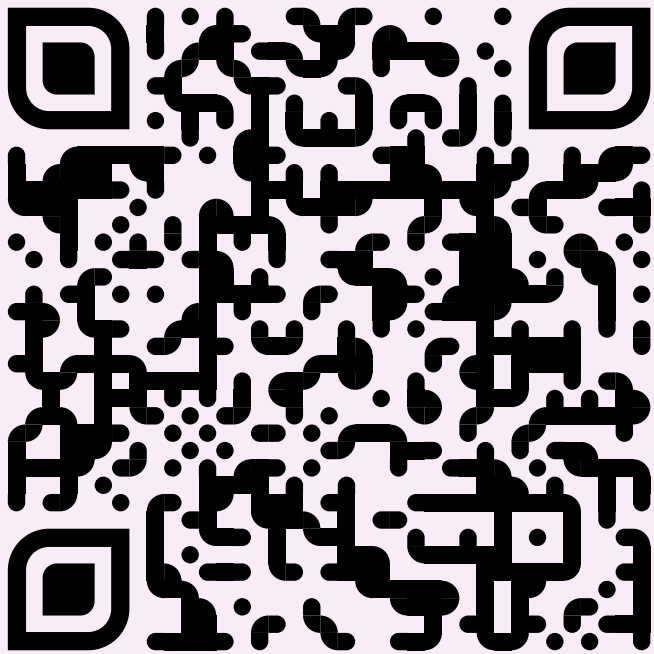


#### The Watermelon Woman

# 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. 

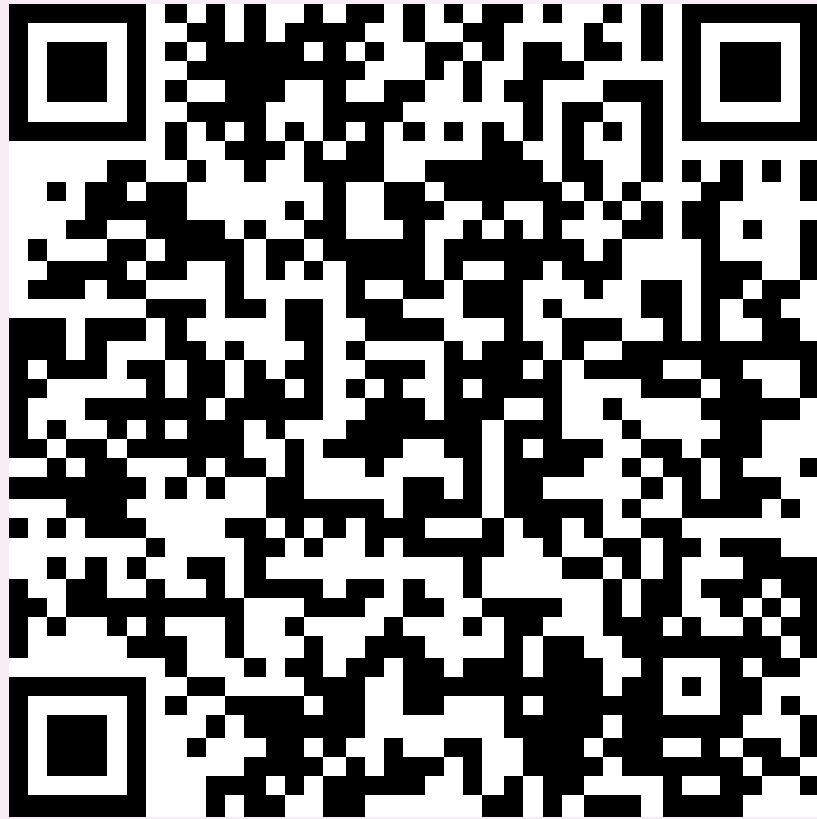
**Additional Information**

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!

# January 2025 Highlights

This past month we had the pleasure of hosting our annual Vision Board Party. The evening was filled with good intentions for the new year, good food, and good community. Visit our Flickr page for more photos!



# 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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# March Lunch n' Learn

*Come join us and learn about coping, health, and wellness.*



Join us in March for a presentation about coping, health, and wellness, discussed over some good food. We will delve into techniques and terms that can help us improve our overall wellbeing. Registration for this event is coming soon!

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