

NEWSLETTER

Glass Lawler Mental Health Edition



RELEASE DATE
MARCH 2025

lgbtqcolorado.org/mental-health

Your Guide to Being in the Know



Your Glass Lawler Mental Health Events - March 2025

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



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



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



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



- March 19, 2025
 - 12:00 - 2:30 PM



WHAT'S INSIDE?

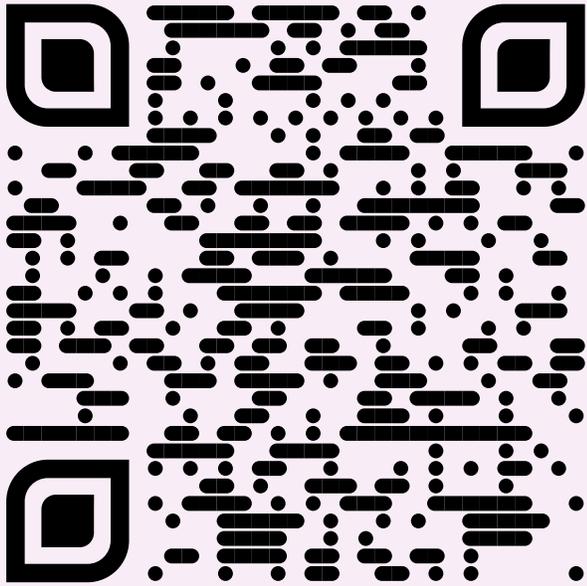
- Program Events pg. 1
- The Center Events pg. 2
- Mental Health Fact of the Month pg. 2
- Discord Groups pg. 3
- Updated Interest Form for Services pg. 4
- Participant Survey pg. 5
- Intern Search pg. 6
- March Event - Lunch & Learn pg. 7
- Mindfulness Prompt of the Month pg. 8

[READ MORE](#)

PAGE 1

March Calendar

Scan the QR code for the full calendar of events



- **March 5:** Club 50
- **March 7:** Disability Hybrid Group
- **March 8:** Pride Playwrights
- **March 11:** Virtual Rainbow Alley: The Vent Room
- **March 12:** Finger Printing
- **March 15:** Divorce Support Group
- **March 17:** Lesbian Lounge
- **March 18:** In Person Nonbinary Group
- **March 20:** West of 50 - Open Art Studio Thursdays
- **March 24:** Servicios de la Raza Drop-In
- **March 26:** Hybrid In-Person/Virtual Silver Sneakers Chair Yoga
- **March 29:** Transgender Day of Visibility / Dia de la Visibilidad Transgénero
- **March 29:** The Center's Got Talent
- **March 31:** Servicios de la Raza Drop-In



MENTAL HEALTH FACT

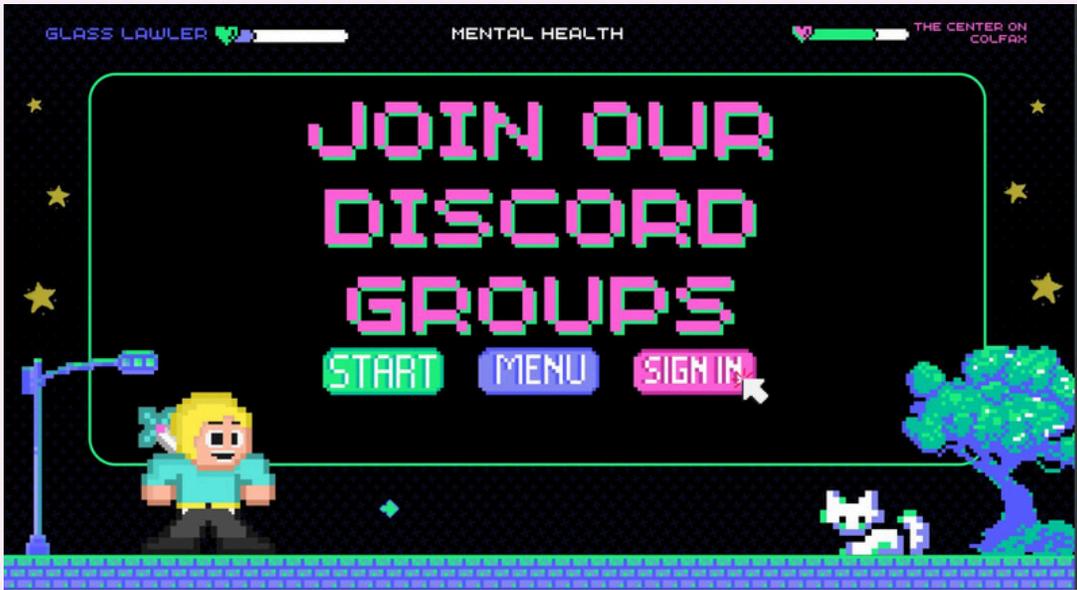
March is Self-Harm Awareness Month

LGBTQ+ Friendly Coping & Self-Harm Prevention

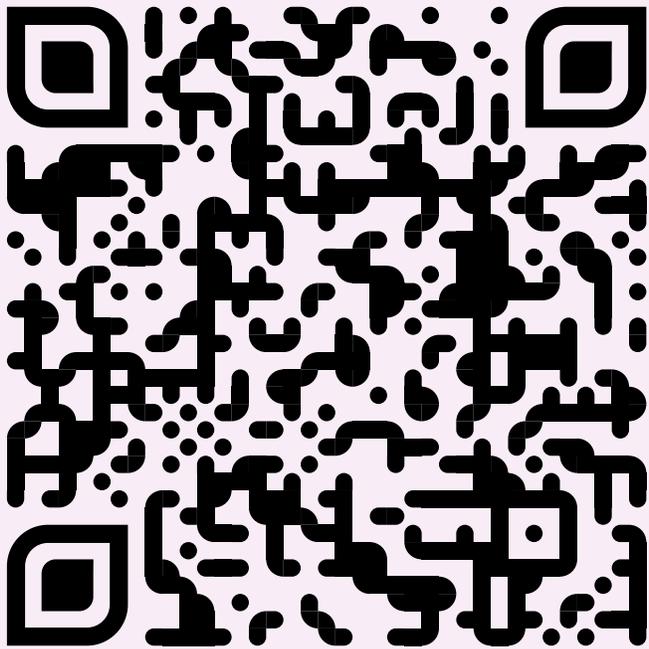
Having just one affirming person in your life—whether a friend, therapist, teacher, or family member—can reduce the risk of self-harm and suicide by nearly 40% for LGBTQ+ individuals.

Coping Tip: When urges arise, try grounding techniques like holding an ice cube, journaling your feelings, listening to music that uplifts you, or texting a trusted friend. You deserve support, safety, and love. 

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 for the summer? 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

March Lunch n' Learn

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



Join us for a Lunch & Learn! We will be celebrating and discussing LGBTQ+ mental health and wellness. We'll also dive into the healing process, effective coping skills, meditation tactics, and much more! Food and nonalcoholic beverages will be provided. To learn more and RSVP, scan the QR code.

