

NEWSLETTER

Glass Lawler Mental Health Edition



RELEASE DATE
FEBRUARY 2026

lgbtqcolorado.org/mental-health

Your Guide to Being in the Know



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Your Glass Lawler Mental Health Events - February 2026

- February 2
 - 6:30 PM - 8:00 PM



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



- February 5 and 19
 - 4:00 - 5:30 PM



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



- February 11
 - 10:00 AM - 5:00 PM



READ MORE

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February Calendar

Scan the QR code for the full calendar of events



LGBTQ+ FACT



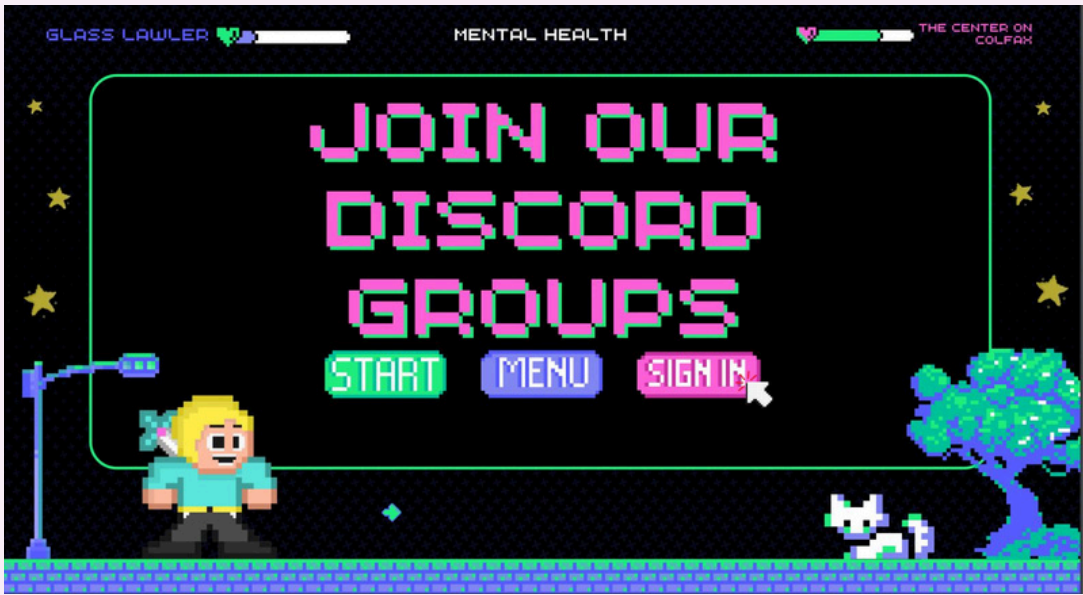
- **February 2:** In the Gayborhood: Wire Sculpting with Alma de Arte
- **February 4:** News Flash
- **February 5:** Online Trans Femme Support Group
- **February 9 :** In-Person Ace Space Support Group
- **February 11:** Tarot Workshop with Bridge the Gap Tarot
- **February 13 :** Creative Meditation with Quána Madison – West of 50
- **February 21:** Divorce Support Group
- **February 23:** Servicios de la Raza
- **February 25:** Colorado Fingerprinting
- **February 25:** Rainbow Alley's DnD Club
- **February 27:** Movement
- **February 28:** In person Transgender Support Group

February

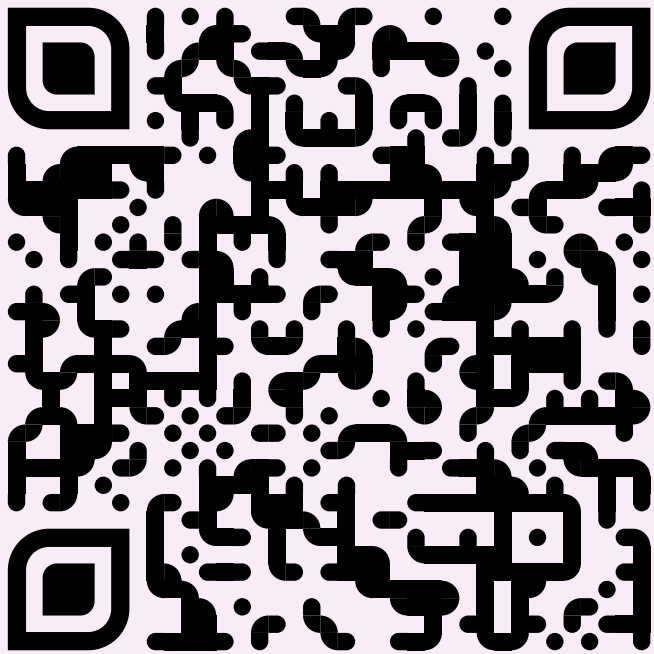
February is LGBTQ+ History Month started in the UK in 2005

- Aromantic Spectrum Awareness Week (ASAW): Held the first full week following Valentine's Day, this week promotes awareness of aromantic identities—those who experience little to no romantic attraction.
- On Feb 2, 2021, Pete Buttigieg was confirmed as the first openly gay U.S. Cabinet Secretary (Transportation).
- Del Martin (l.) and Phyllis Lyon (r.) formed the Daughters of Bilitis, the first lesbian social and political organization in the United States. They were the first couple married in San Francisco in February 2004

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](#)

Gender Affirming Care Letter Lab



The Gender Affirming Care Letter Lab offers compassionate, collaborative support for individuals ages 18+ who are seeking letters in alignment with World Professional Association for Transgender Health (WPATH) guidelines. This space is designed for trans, nonbinary, and gender-diverse people navigating access to gender affirming care such as hormone therapy, surgery, or legal affirmations.

Whether you're just getting started or need a letter urgently, our trained mental health professionals provide culturally competent, trauma-informed guidance to help you feel seen, supported, and affirmed. Access to care shouldn't be a barrier to being yourself, and we're here to make the process more accessible.

New Peer Support Group



Alternatives to Suicide is a free, non-judgmental, non-clinical, peer-led, and confidential drop-in space where people can share difficult thoughts and feelings without being assumed to have an illness or be assessed for involuntary intervention. The phrase, “I feel suicidal” can hold many meanings. Having the space to openly explore the thoughts, feelings, and experiences underneath is often helpful in moving towards something different. These groups are not just for people who are actively suicidal, but for anyone who would benefit from a non-judgmental space to explore their thoughts and emotions with a group. This group is free, welcoming and friendly, and we provide snacks!

[READ MORE](#)

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Valentine's Day Week of Events

Lunch & Learn: Valentine's Day - History, Commercialization, and Adaptations

Valentine's Day – you love it, you hate it, you look forward to buying chocolate for half price the day after it. How did this commercial giant of a holiday begin? Join your West of 50 staff - Bryant and Hannah - as they do a deep dive on all things Valentine's Day. We'll discuss the varying historical events associated with the day, personal anecdotes, how Hallmark and other corporations put their hands in it, and the cultural spinoffs like gal/pal-entine's. Come share your Valentine woes and wins and learn how this holiday became the busiest day for florists around the world. Email Hannah at hjenkins@lgbtqcolorado.org to register or sign up in person.

Monday, February 9th at 12-1:30pm

Lunch & Learn: Relationships and Mental Health

This will be a lunch n learn to discuss the different types of relationships there are within our community. This presentation will cover many topics such as different types of relationships, boundaries you can set in those relationships, and how to maintain those relationships. This L&L will be presented by Jaylin Goodloe, the Director of Mental Health, please email her at jgoodloe@lgbtqcolorado.org to register.

Tuesday, February 10th from 12-1:30pm

Valentine's Day Eve Movie Night: Moonlight

Moonlight is a coming of age story that follows the life of Chiron from childhood, adolescence, to burgeoning adulthood, as he comes to terms with his sexuality, his community, and his identity as a gay black man. This movie is a must see, was highly praised by critics, and was the highest scoring film in 2016. Popcorn, snacks, and sodas will be available. Email Bryant at bmehay@lgbtqcolorado.org to register or sign up in person.

Friday, February 13th doors open at 5pm, Movie starts at 6pm

Transgender Program Speed Friending

This speed friending event is open to transgender people and trans allies
Email Joy at jiwancio@lgbtqcolorado.org to register.

Saturday February 14th, 10am-Noon

Creative Play: Mask Making

Across time and culture, masks have been an integral part of the fabric of human society. They have shaped our expression of religious ceremony & ritual as well as elevated actors to the roles of gods and monsters on the stage. Masks have had many purposes: healing, concealing, protection, honoring, celebration, and more. Join West of 50's program Manager Bryant Mehay, as he guides you through a three-week series where we will explore the history of Masks, intentionally select a folklore/fairy tale/legend that you connect with, and then create your mask in group with others. All supplies including a blank mask will be provided for this class. You must be able to attend all three sessions to sign up for this series. There will be a maximum of 15 spots available. If you sign up and later realize you cannot make all three sessions, please let the West of 50 team know as soon as possible so your spot can be made available. **To register please email Bryant at bmehay@lgbtqcolorado.org or sign up in person.**

Thursday Feb 19th 2-3:30pm - Intro to Masks & Story Selection

In our first session we will focus first on a short presentation and discussion about the history and cultural significance of masks. Then we will playfully select which folklore tale, legend, fairy tale, or myth you want to use as the basis of your mask.

Thursday, Feb 26th 2-3:30pm - Creation Day

In our second session, the group will begin construction on their mask. Using materials brought from home & supplied by The Center, you will start bringing your vision to life. You are not expected to finish your mask during this time and will be able to bring it home to finish it for next week.

Thursday, March 5th 2-3:30pm - Embody and Share

For our final session, you will bring your completed mask in to present it to the group. In this presentation, you will also bring in a portion of the story/myth/fable/legend to share with the group and discuss why the story and character you selected spoke to you.

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!

We Need YOU!!!

SHARE YOUR STORY.

Seeking up to 20 BIPOC LGBTQ+ interviewees for a strengths-forward documentary with Glass Lawler Mental Health.

Fill out the interest form

Scan Me  Or Visit  <https://tinyurl.com/socialdocinterviewee>



We're recruiting BIPOC LGBTQ+ community members to be interviewed for a short, strengths-forward documentary in partnership with The Center on Colfax. Participants choose how they're shown through options for how much privacy you want and what you consent to share. The interview is 60-120 minutes with support resources and accommodations available. We are seeking up to 20 interviewees total and will close sign-ups once we reach the cap of 20.

How to express interest: 2-minute form at <https://tinyurl.com/socialdocinterviewee> or scan the QR.

We're happy to join a brief huddle to answer questions and ensure invites are delivered with care.

