



# February 2019

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### Hotlines:

Text WYO to 741 741

Call 1-800-273-8255

The Trevor Project

1-866-488-7386

Safe2Tell Wyoming

1-844-996-7233

### Websites

[www.gracefor2brothers.com](http://www.gracefor2brothers.com)

<https://www.suicidology.org/>

<http://www.bullying.org/>

<https://edu.wyoming.gov/in-the-classroom/health-safety/facilities-safety/>

Thank You for your continued support



**RE/MAX**  
Capital Properties  
1-307-635-0303  
1-800-346-0302

February has been an exciting month for our organization. Cycle for life has kicked off with a BANG!!! Every Sunday grab your bike and head down to Rock on Wheels at noon. With a Where's Waldo twist every donation gives you a chance to win a shopping spree at Rock On Wheels.

With the 65<sup>th</sup> Legislative in session, House Bill 0211 for Mental Health and substance abuse Parity has been making a steam roll by passing the House and the Senate Committee. For more information on the bill please see [www.wyoleg.gov/Legislation/2019/HB0211](http://www.wyoleg.gov/Legislation/2019/HB0211).

We continue our reach into the community with our support groups. Starting February 14<sup>th</sup> we will be starting up a new Lived Experience Support Group at the Laramie County Library from 6:00pm to 7:30pm.

### Upcoming February events include

**Feb25th: Surviving to Thriving 2019 Building Healthy relationships-** Laramie County Library 5:30pm-6:00pm

**Feb 21<sup>st</sup>, 28<sup>th</sup>: Lived Experience Support Group-** Laramie County Library 6:00pm-7:30pm

## Leadership for a Cause



Leadership comes in all types of ways. A huge thank you to the Torrington High School Leadership Class for hosting a bake sale to raise awareness and funds for our great organization. These students and the community are a big part in helping in our mission. "We wanted to support the life changing things their team does throughout Wyoming. Mental health is just as important as physical health"- Audrey Perry THS Leadership Student

## 3<sup>rd</sup> Annual Embrace Grace Gala Sat. May 11<sup>th</sup>

Red Lion Hotel & Conference Center

Come join us for an evening of live music, entertainment, and silent auction to help support our organizations great reach into our communities.

Sponsor tables still available!!!!

For more information on sponsor or individual tickets visit <http://gracefor2brothers.com/EmbraceGraceGala.aspx>

**Contact Us**

www.gracefor2brothers.com

307-256-3344

1607 Capital Ave #426

Cheyenne WY 82001

No matter how messed up you think you are, there will always be someone that loves you & still thinks you're amazing.  
www.yanlavigne.net

# Mental Health March

As March vastly approaches we look into some of our upcoming events, and opportunities in which you can get involved

Ever wondered what it was like to learn the arts of Brazilian Jiu Jitsu? Now you can!!! BJJ is offering free to new members only in the Cheyenne Community the opportunity to submit mental health and help in creating a great coping skill. Cheyenne Brazilian Jiu Jitsu located at 108 W. 18<sup>th</sup> Street

Who doesn't love movies? Come join us for a special screening of the movie Inside Out to help promote mental health. Friday March 8<sup>th</sup> at 6:00pm located at 2602 Deming Blvd.

Relaxation and putting your mind and body at ease with Hot Yoga to help promote healthy lifestyle and use as a healthy coping mechanism. Garnet Hot Yoga will be offering one week free from March 18<sup>th</sup> through March 23<sup>rd</sup>.

Laughter is the best medicine. Come join us as we welcome John Roedel for a fun night of laughter and interactive fun. Laramie County Library March 25<sup>th</sup> from 5:30 – 6:30pm

For many more events please see our Calendar for your chance to join the fun and excitement and opportunities to get involved.



“Coping skills are ways in which we learn to deal with various stressors. Each person copes with stress differently. Over time, we all construct coping strategies that are “right” for us as thinking and feeling individuals.”

Come try out FREE coping skills all month to find one that works for YOU!

Brought to you by:

| Sunday                                    | Monday   | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday   |
|---|--|---|---|--|--|--|
|   | 18th - 22nd FREE!<br>GARNET HOT YOGA   | <br>FREE All Month LONG for new members!  |   |  | Paramount Cafe<br>11am - 1pm<br><br>MARCH 18 <sup>th</sup> SELF INJURY FREE DAY  | <br>Fly Fishing<br>9 am - noon<br>8806 Yellowstone Rd, Cheyenne, WY 82009 2              |
| <br>FOR LIFE<br>Noon<br>900 E. Lincolnway |  | Nursing Home Visits<br><br>4 pm - 8 pm<br>The TREE ZOO<br>Three designs \$50/artist<br>1/2 of proceeds go to QPFB 3 | <br>Rise & Empower<br>11 am - 1 pm<br>6 pm - 8 pm<br>limited seats, must preregister 6        | <br>Laramie County Library<br>6:00 pm - 7:30 pm 7  | <br>Movie Night<br>6 pm - 8 pm<br>St. Christopher's Church<br>2602 Deming Blvd 8 | <br>Mental Health & Jiu Jitsu Workshop & QPR Training<br>12 pm - 4 pm<br>see details 9   |
| <br>FOR LIFE<br>Noon<br>900 E. Lincolnway |  |   | <br>Infinite ways LLC<br>Hula Hoop Class<br>7-8pm @ the Physical Therapy Center of Wyoming 12 | <br>Laramie County Library<br>6:00 pm - 7:30 pm 14 |  | <br>Breathwork Love of the Earth<br>1107 W 6th Ave.<br>Limited spots must preregister 16 |
| <br>FOR LIFE<br>Noon<br>900 E. Lincolnway | <br>Family Promise of Cheyenne<br>Yoga with Jessica Nyffler 18   | <br>Nursing Home Visits<br>Hour of Grace Grief Support Group 6:30 pm - 8 pm<br>Laramie County Library 19            | <br>VOLUNTEER<br>4 pm - 8 pm<br>The Second Floor of the Paramount 20                          | <br>Laramie County Library<br>6:00 pm - 7:30 pm 21 | <br>THE WARRIOR CHALLENGE<br>6 pm - 8:30 pm<br>1906 Thomes Ave 22                | <br>Fly Fishing<br>9 am - noon<br>8806 Yellowstone Rd. 23                                |
| <br>FOR LIFE<br>Noon<br>900 E. Lincolnway | <br>Surviving to Thriving<br>Laughter is the Best Medicine w/ John Roedel<br>5:30 pm - 6:30 pm<br>Larmie County Library 25 | <br>Fly Tying<br>6 pm - 8 pm<br>8806 Yellow-stone Rd, Cheyenne, WY 26   |   | <br>Laramie County Library<br>6:00 pm - 7:30 pm 28 |  | <br>COMEA<br>Yoga for residents 31   |