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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



**Mental Health March is bringing excitement and opportunities in our community**

**With the 65<sup>th</sup> Legislative session now over, House Bill 0211 for Mental Health and substance abuse Parity passed and was signed in to law. For more information on the bill please see [www.wyoleg.gov/Legislation/2019/HB0211](http://www.wyoleg.gov/Legislation/2019/HB0211)**

**We have been busy in the month of March so far. We have had several great events so far and many more to come**

**The Tribe Tattoo did an amazing fundraiser with proceeds going to Grace For 2 Brothers**

**Kids and parents of all ages joined us for a great movie night watching Inside Out. A great story about self-esteem and always having a positive Outlook**

**Up and Coming: March 20<sup>th</sup> is our Volunteer Night**

**March 25<sup>th</sup> is our Surviving to Thriving event with John Roedel. Come laugh and interact with friends**

**Blossom Yoga is doing Yoga for residents at the Comea Shelter March 31<sup>st</sup>**

## Painting for a Purpose



It was a cool night in Cheyenne, but it was warm and cozy in a room filled with fresh paint and empty white canvasses filling the room. Several people joined Grace For 2 Brothers and Fly Dragon Design Art Studio for a fun evening of painting and laughter. We want to thank Fly Dragon for letting us and our friends to join them in helping create a positive coping skill.

## 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>**

# Mental Health March

## 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.YANILAVIGNE.NET

## WE WANT YOU!!!!!!

Are you and your friends looking for ways to give back or want to give some of your time to help?

Contact Cameron Karajanis our Volunteer and Outreach Coordinator  
 Email: cameron.k@gracefor2brothers.com



As March starts to win down, we still have some great events to take part in

March 20<sup>th</sup> come join us for our Volunteer Night from 6pm to 8pm

Fly fishing and fly tying are happening March 23<sup>rd</sup> from 9am- 12pm and March 26<sup>th</sup> from 6pm- 8pm

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

Yoga at the Comea Shelter. Blossom Yoga will be doing yoga for the residents at the Comea Shelter in efforts of helping those create a positive coping skill to be able to use

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! GARNET HOT YOGA	FREE All Month LONG for new members!			Paramount Cafe 11am - 1pm SELF INJURY AWARENESS DAY	Fly Fishing 9am - noon 8806 Yellowstone Rd. Cheyenne, WY 82009
<b>ROCK ON WHEELS</b> FOR LIFE Noon 900 E. Lincolnway		Nursing Home Visits 4pm - 6pm Three designs \$80/hour 12 of proceeds go to GF2B	Rise & Empower LARAMIE COUNTY COMMUNITY COLLEGE 11am - 1pm 6pm - 8pm limited seats. must preregister	Grace For 2 Brothers Laramie County Library 6:00 pm - 7:30 pm	<b>INSIDE OUT</b> Movie Night 6 pm - 8 pm St. Christopher's Church 2602 Deming Blvd	Mental Health & Jiu Jitsu Workshop & QPR Training 12 pm - 4 pm
<b>ROCK ON WHEELS</b> FOR LIFE Noon 900 E. Lincolnway			Infinite ways llc SHEL, HENG, HUI, A, SPT Hula Hoop Class 7-8pm @ the Physical Therapy Center of Wyoming	Grace For 2 Brothers Laramie County Library 6:00 pm - 7:30 pm		Breathwork Love of the Earth 1107 W 6th Ave. Limited spots must preregister
<b>ROCK ON WHEELS</b> FOR LIFE Noon 900 E. Lincolnway	Family Promise of Cheyenne Yoga with Jessica Nyffler	Nursing Home Visits Hour of Grace Grief Support Group 6:30 pm - 8 pm Laramie County Library	<b>VOLUNTEER</b> 6 pm - 8 pm The Second Floor of the Paramount	Grace For 2 Brothers Laramie County Library 6:00 pm - 7:30 pm	<b>WARRIOR CHALLENGE</b> 6 pm - 8:30 pm 1966 Thomas Ave	Fly Fishing 9am - noon 8806 Yellowstone Rd.
<b>ROCK ON WHEELS</b> FOR LIFE Noon 900 E. Lincolnway	<b>Surviving to Thriving</b> Laughter is the Best Medicine w/ John Roedel 5:30 pm - 6:30 pm Laramie County Library	Fly Tying 6 pm - 8 pm 806 Yellowstone Rd. Cheyenne, WY		Grace For 2 Brothers Laramie County Library 6:00 pm - 7:30 pm		<b>COME A</b> Yoga for residents BLOSSOM YOGA