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Resources

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

<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



Volunteer Night/QPR Training

A huge shout-out and thank you to all of the volunteers and attendees at our Volunteer Night on January 22nd. We made almost 100 Self Injury Prevention bags, stapled about 900 flyers to gun locks, prepped 50 folders for Peer Support Group and finished the QPR Training all within a couple of hours! Our volunteers are amazing- we couldn't do this without you!

4th Annual Embrace Grace Gala

Embrace Grace Gala 2020 is on Saturday, May 23rd from 6 pm-10:30 pm. It will be held at Little America this year, with Jesse Cornett and the Revolvers as our headlining band! The dinner will be steak and shrimp and there will be a vegetarian option as well! Tickets to this event will soon be available for purchase- keep an eye on our Facebook page and website for the link! If anyone is interested in sponsorships, knows of a business that may want to be involved, or wants to volunteer for this event, please reach out to Katie.



GRACE FOR 2 BROTHERS FOUNDATION

GALA

Saturday May 23rd, 2020
6 pm Little America
Cheyenne, Wyoming

DINNER, MUSIC, AUCTION

Volunteer of the Month

Our volunteer of the month is the incredible Trish Chacon! Trish has been volunteering with GF2B since 2017. She is a member of the LOSS team, which means coordinating with the Laramie County Coroner to meet with families who have experienced a suicide loss of a loved one and meeting with the peer support coordinators assigned to the families to provide support in a more effective and caring manner. She also refers individuals and families to licensed mental health professionals when they request additional help dealing with their grief. Trish sends out a monthly grief support email inviting individuals to the monthly Hour of Grace Grief Support Group. Within that email, she provides information on how to cope with





Contact Us

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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

emotions and situations that occur throughout the grief journey of those who have lost loved ones. Trish says, "The only way to deal with grief is to move through the storm of experiences and emotions and embrace the journey. That is what makes you stronger when your heart is broken." Thank you, Trish, we are so grateful for you here at Grace for 2 Brothers, and for everything you do for our community!

Mental Health March

For the month of March, Grace for 2 Brothers is partnering with businesses and individuals from around the city of Cheyenne and Laramie to offer free, healthy, and fun activities for the whole family to enjoy! We know the winter months can drag on here in Wyoming, so we are encouraging our community members and those nearby to come join us in getting active and trying new things! Please see the calendar below, as well as the attachment included in the email. Space is limited on some of the events, so please arrive early. All events are free and open to all ages except for Lived Experience Peer Support Group (+18), ASIST Training, and QPR Train the Trainer. Donations are greatly appreciated ([Donate Here](#)) or in person at the event. Event details can be found on our Facebook page. We are still looking for volunteers to help staff the resource tables at these events. Please email Katie if you would like to help, or if you have any questions or concerns. Thanks very much to our awesome sponsors!

WE WANT YOU!!!!!!

Are you and your friends looking for ways to give back or want to give some of your time to help? If so, please contact Katie Baxter, at volunteercoordinator@gracefor2brothers.com.

Mental Health *March*

FOCUSING ON COPING SKILLS ACROSS WYOMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 1PM-4PM Self Injury Awareness Day Paramount Cafe	2	3 6PM - 8PM Fly Tying 8806 Yellowstone Rd	4 12:15 PM - 12:45 PM Blossom Yoga Laramie, WY 6 PM - 8 PM Hula Hooping First United Methodist Church Suicide Prevention Presentation Cody, WY	5 6PM Lived Experience Peer Support Group	6 6PM-8PM Inside Out STRIDE	7 9AM-12PM Fly Fishing Platte Rivers 1PM Yoga Muriah RePEAK Sports
8 12PM Cycle for Life Ride Rock on Wheels	9 6 PM - 8 PM Kendama RePEAK Sports 50 % of all Tattoo Gift Certificates sold at The TRIBE Zoo benefits Grace For 2 Brothers all week!	10 6PM-8PM Hula Hooping UU Church ASIST Training WY Army National Guard	11 ASIST Training WY Army National Guard	12	13 4PM Yoga LIV Health	14 9AM-12PM Fly Fishing Platte Rivers 3PM - 4PM Jiu Jitsu Black Label
15 12PM Cycle for Life Ride Rock on Wheels	16	17 6PM-8PM Fly Tying 8806 Yellowstone Rd	18 6PM-8PM 'Star of Hope' Painting Fly Dragon Art Studio	19 6PM Lived Experience Peer Support Group	20 QPR Train the Trainer Ivinson Memorial Hospital	21 9AM-12PM Fly Fishing Platte Rivers 3PM-4PM Jiu Jitsu Black Label
22 12PM Cycle for Life Ride Rock on Wheels	23 7PM Yoga Comea Shelter	24 6PM-8PM Improv St. Mark's Episcopal Church with John Rpedel	25 Blossom Yoga Laramie, WY 12:15-12:45PM	26 6PM Lived Experience Peer Support Group	27 6 PM - 8 PM Hula Hooping First United Methodist Church	28 1PM-5PM Breathwork with Diana Zack UU Church
29 12PM Cycle for Life Ride Rock on Wheels	30 6PM Yoga LIV Health	31 7PM-11PM Karaoke Asher Building	<p style="font-size: small;">judge less, understand more. Please visit to find out more information:</p> <p style="font-size: x-large; font-weight: bold; text-align: center;">Grace For 2 Brothers</p> <p style="font-size: small; text-align: center;">Suicide Prevention through Awareness and Education</p>			

Website: www.gracefor2brothers.com
 Facebook: [Grace For 2 Brothers Foundation](#)