

## Lafayette Groups

### Monday

**Queer Peers**  
3:30-4:30 PM  
In Person  
Starting Monday's  
January 22nd

### Tuesday

**Journal It Out!**  
5:00 - 6:00 PM  
*Virtual*

### Wednesday

### Thursday

**Relapse Prevention**  
10:30 - 11:30 AM  
  
**Glitter and Glory**  
4:45 - 5:45 PM  
Third Thursday  
(Jan. 18th, Feb. 15th and  
March 21st)

### Friday

**Wise Minds**  
Noon – 1:30 PM

**\*Virtual groups will be held via Microsoft Teams. Please reach out to the clinician hosting the group for a virtual invitation.\***  
**Do you need help accessing Teams? We are happy to help!**

Class cost is covered by Medicaid. Other insurance and self-pay will have a fee or co-pay to participate.

## Monday

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### Queer Peers

Support for youth in the LGBTQ+ community that will give an opportunity for teens to connect and share without judgment. Age group: 13-18

Contact: Kayla Thornwall (720) 414-5278 or [mthornwall@mhpcolorado.org](mailto:mthornwall@mhpcolorado.org) or Hannah Bartels (303) 604-4259 or [hbartels@mhpcolorado.org](mailto:hbartels@mhpcolorado.org)

## Tuesday

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### Journal It Out!

Use writing as a tool to self-reflect, express thoughts and emotions while building coping skills. 18+, no writing experience needed. Closed group. Female identifying.

Contact: Victoria Thorne (303) 247-8712 or [vthorne@mhpcolorado.org](mailto:vthorne@mhpcolorado.org)

## Wednesday

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## Thursday

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### Relapse Prevention

A recovery group designed to break down challenges with recovery in simpler and more understandable terms.

Contact: Travis Berry (303) 604-4208 or [tberry@mhpcolorado.org](mailto:tberry@mhpcolorado.org)

### Glitter and Glory

Middle School Art Group for fun, extra support and stress relief. Requires pre-registration.

Contact: Pam De Mayo (303) 413-6250 or [pdemayo@mhpcolorado.org](mailto:pdemayo@mhpcolorado.org)

## Friday

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### Wise Minds

In-person DBT for adults from Noon to 1:30 pm. A group to support you with managing emotions, improving relationships and practicing mindfulness skills.

Contact: Andy Salonen (720) 562-0539 or [asalonen@mhpcolorado.org](mailto:asalonen@mhpcolorado.org)