Our thoughts go out to those impacted by the December 30th devastating fires. Our compassionate, expert clinicians are here to help. Together, we will tap into our collective strength, compassion, and resilience to heal from this event.

Support Group for Parents and Caregivers Impacted by the Marshall Fire

When scary events like the Marshall Fire occur, youth look to adults to help them feel safe and understand what is happening. This group will offer guidance to help caregivers talk with children about the Marshall Fire event— including ways to cope, grieve, and work with feelings.

Call (303) 413.6282 to register.

Support Group for Those Impacted by the Marshall Fire

DESCRIPTION: Support group for those impacted by the Marshall Fire. This event is designed to build skills to help cope during this difficult time.

Yoga: Thursdays - 5:30-6:30 pm

Benefit from movement of body and breath in a safe and supportive virtual setting. This yoga class is for survivors of any type of trauma. No prior experience with yoga or trauma therapy required.

Yoga classes will be offered in a hybrid format of in-person and online through Zoom. Please register by scanning the QR code below; once you've registered we will email you the Zoom link by 4pm the day of class.

What: Trauma-informed Yoga for Adults
Facilitator: Melissa Carey
Questions: infoMNT@mhpcolorado.org

MHP’s Warm Line: (303) 545-0852
Leave a voicemail to receive information about resources or support. Messages will be returned within one-business day. This is not a crisis line or MHP’s appointment scheduling line.

Visit: mhpcolorado.org/community-outreach-team/

Join our Facebook Group by searching: Mental Health Partners Outreach

Follow us on Instagram: @MentalHealthPartnersOutreach

*FREE and CONFIDENTIAL Leave a voicemail to receive information about resources or support. Messages will be returned within one-business day. This is not a crisis line or MHP’s appointment scheduling line. Members of this outreach team are not clinicians or mental health providers. They are not able to diagnose or provide clinical mental health care but, rather, serve as an additional layer of support for understanding normal crisis reactions and navigating resource linkage. Contact Us: Mental Health Partners of Colorado | www.mhpcolorado.org | 1655 Dixon Avenue, Suite 140, Lafayette, CO 80026 | Ph: 303-443-8500 | 22-02-303