



C4VL News Letter: June Edition

PRIDE Month: Mental Health & Belonging

June is PRIDE Month, a time to honor and uplift the LGBTQIA+ community, not just this month but year round! Mental health is a vital part of this celebration.

☀ Did you know?

LGBTQIA+ individuals face higher rates of anxiety, depression, and trauma due to stigma and exclusion.

❤ At Center for Valued Living, we are proud to provide affirming, inclusive care with therapists experienced in supporting LGBTQIA+ clients in a safe, validating space.

➡ You deserve support.

Call to schedule an intake with one of our compassionate, affirming providers.
720-347-8559

Scan here for resources, articles, and more!



Community Spotlight: Vibe Gym and Wellness

Inclusive Wellness. Empowered Movement.

This month, we're proud to highlight Vibe Gym and Wellness—a space that celebrates physical health, diversity, and belonging.

 LGBTQ+ Affirming & Inclusive

Vibe is more than a gym—it's a community that centers safety, respect, and affirmation for all identities, with gender-inclusive locker rooms, body positivity, and a trauma-informed approach.

👉 Shared Values

Vibe reflects what we stand for at Center for Valued Living: authenticity, acceptance, and whole-person care.

📍 Learn more at: vibegymandwellness.com



A Fresh Start: Embracing Mental Health This Summer

As the days grow longer and brighter, June offers a natural invitation to pause, reflect, and renew. It's a time to take small, intentional steps toward reconnecting—with yourself, your values, and the practices that bring you peace and well-being.



Wellness Tip: Grounding in Nature

Even 10 minutes of daily time outside can:

- ✓ Lower stress hormones
- ✓ Improve mood
- ✓ Increase focus

🧑🏻 Try This: Take a mindful walk. Notice 5 things you see, 4 things you hear, 3 things you can touch, 2 you can smell, and 1 you can taste. Grounding can be simple and powerful.



Office Updates

We're adding more in-person appointment times soon!

CALL TODAY TO LEARN MORE:
720-347-8559

LOCATIONS:

- 20971 E Smoky Hill Rd. Suite 204 Aurora, CO 80015
- 3600 S Beeler St., Suite 110, Denver, CO 80237
- 685 Citadel Drive East, Suite 325, Colorado Springs. CO. 80909



Christina Selvig, LPCC
(Colosprgs / Teletherapy)

Provider Spotlight



What inspired you to become a mental health professional? I had a 20 year career in construction prior to entering the MH field. I told people all the time I was in construction for the people, well NO ONE goes into construction for the people! It is a hard industry. I started feeling this pull to do something completely different. I ended up supporting and walking my best friend through a divorce after her having been married for 26 years. Through that process I decided to go back to school to get my Master's in Counseling.

What's your favorite part of your work? I absolutely love working with couples and doing trauma-informed care with women. These are very different, but I totally geek-out over brain science and attachment work. I am advance trained in Emotionally Focused Therapy and trained in EMDR. I have supervision for both modalities and am working toward certification. I absolutely love seeing a client accomplish something they never thought possible, or helping a couple identify their conflict cycle and then reestablish emotional connection.

What types of clients or issues are you especially passionate about working with? I do a lot of work with escalated couples, betrayal trauma, and attachment wounds. With individuals I have training in working with DID, PTSD, and complex trauma. I am EMDR trained and I love the variety of my day being able to switch between couples, individuals, in-person and online work.

Favorite way to unwind? I love to take bubble baths and read a good Romantacy (romance-fantasy, I am looking at you Rebecca Yaross and Sarah J. Maas) book or watch TV with my husband. We met in High School and have been married for 28 years!

What's one thing you wish more people knew about therapy? We don't have to wait until we are in crisis or have a "problem" to get help or have support. I also love talking to clients about career options and using career resources to dream and plan about their futures. Sometimes we each just need a safe place to process our thoughts. Therapy is a great option! I tell clients, "I am not the expert in your life, you are the expert. You have just invited me to be a small part of your story for a period of time."

What's a hobby or interest you enjoy outside of work? I love to cook, I am an avid reader (when I am stressed, I consume fiction books like candy), I love to go camping with my family, and I love to sit on my back porch by the firepit with a cup of coffee in the early morning before anyone else is awake!



Community Events: Celebrate, Connect, Reflect

CELEBRATING
**JUNE
TEENTH**
FREEDOM DAY



scan to learn
more about this
important day!

✨ Juneteenth Music Festival – Denver

📍 Five Points | 📅 June 15–16

🎉 Celebrate Black culture with music, art, food & more.

💬 Reflect on freedom, identity & historical healing.

🔗 juneteenthmusicfestival.com



Denver PrideFest & Parade

📍 Civic Center Park & Downtown | 📅 June 22–23

🌈 Celebrate LGBTQIA+ pride, visibility & community.

🗣️ Parade: Sun, June 23 at 9:30 AM

💖 A reminder that wellness includes love, belonging & being seen.

🔗 denverpride.org