



NEWSLETTER: DECEMBER EDITION

PROTECT YOUR MENTAL PEACE THIS HOLIDAY SEASON!

THE HOLIDAYS CAN BE STRESSFUL WITH TRAVEL, FAMILY, AND SEASONAL CHANGES.

HERE ARE SOME TIPS TO HELP YOU PROTECT YOUR MENTAL WELLBEING DURING THIS HOLIDAY SEASON:

IDENTIFY YOUR STRESSORS AND YOUR NEEDS

SET AND MAINTAIN YOUR BOUNDARIES

PRIORITIZE SELF CARE- INCLUDING THERAPY!

FOCUS ON CONNECTION RATHER THAN DIFFERENCES WITH LOVED ONES

PRACTICE GRATITUDE



SCAN HERE FOR MORE TIPS

NEED EXTRA SUPPORT? **OUR THERAPISTS ARE TAKING NEW CLIENTS!** GO TO OUR WEBSITE AND COMPLETE OUR CLIENT MATCH FORM OR CALL TO **SCHEDULE TODAY!**

WWW.C4VL.COM 🔍

📞 720-347-8559

LOOKING FOR WAYS TO GIVE BACK THIS SEASON?

CHECK OUT THESE COMMUNITY VOLUNTEER OPPORTUNITIES!

DUMB FRIENDS LEAGUE:
ANIMAL SHELTER VOLUNTEER OPPORTUNITIES:

MILE HIGH UNITED WAY
NON-ORGANIZATION SUPPORTING WITH HOUSING, FOOD INSECURITY, EARLY CHILDHOOD EDUCATION

[HTTPS://WWW.DDFL.ORG/VOLUNTEER-FOSTER/](https://www.ddfl.org/volunteer-foster/)

[HTTPS://UNITEDWAYDENVER.ORG/](https://unitedwaydenver.org/)

FOOD AND RESOURCES

HUNGER FREE COLORADO:

THE STATEWIDE FOOD RESOURCE HOTLINE CAN HELP COLORADANS CONNECT WITH FOOD AND NUTRITION RESOURCES, INCLUDING HOLIDAY MEALTIMES: CALL (855) 855-4626

211 COLORADO:

PROVIDES MAPS TO CONNECT PEOPLE TO RESOURCES ACROSS THE STATE SUCH AS FOOD AND TOY DRIVES. CALL 2-1-1



THIS MONTH WE CELEBRATE...

DECEMBER 1ST: ROSA PARKS DAY



READ MORE HERE:



ON DECEMBER 1, 1955, ROSA PARKS TOOK A COURAGEOUS STAND BY REFUSING TO GIVE UP HER BUS SEAT TO A WHITE PASSENGER IN MONTGOMERY, ALABAMA. HER ACT OF DEFIANCE BECAME A TURNING POINT IN THE CIVIL RIGHTS MOVEMENT, SPARKING THE 13-MONTH MONTGOMERY BUS BOYCOTT—A MASS PROTEST THAT ULTIMATELY LED TO THE U.S. SUPREME COURT RULING SEGREGATION ON PUBLIC BUSES UNCONSTITUTIONAL. ROSA PARKS DAY NOW HONORS HER LEGACY AND THE PROFOUND IMPACT OF HER BRAVERY

DECEMBER 1ST: WORLD AIDS DAY

EACH YEAR, WORLD AIDS DAY IS A GLOBALIZED EFFORT TO UNITE INDIVIDUALS IN RAISING AWARENESS AND HONORING THOSE AFFECTED BY HIV AND AIDS. STARTING IN 1988, COMMUNITIES HAVE COME TOGETHER TO STAND AGAINST THE STIGMA SURROUNDING HIV AND TO REMEMBER LIVES LOST. WITH AN ESTIMATED 38 MILLION PEOPLE IMPACTED WORLDWIDE, THE RED RIBBON—CREATED IN 1991 AS A SYMBOL OF SUPPORT AND COMPASSION—CONTINUES TO BE WORN AS A SIGN OF SOLIDARITY. THIS WORLD AIDS DAY, YOU CAN SHOW YOUR SUPPORT BY WEARING A RED RIBBON, HELPING SPREAD AWARENESS, AND CONTRIBUTING TO EFFORTS TO REDUCE STIGMA AND PREVENT NEW HIV TRANSMISSIONS.

COMMUNITY EVENT:

DECEMBER 7: ALL CORNERS OF COLORADO: REIMAGINING WORLD AIDS DAY 2024

- MCA DENVER AT THE HOLIDAY THEATER @ 5:30 - 8:30PM MST
- FREE ENTRY! REGISTER HERE:



DECEMBER 3RD: INTERNATIONAL DAY OF PEOPLE WITH DISABILITIES

OBSERVED ANNUALLY ON DECEMBER 3, BRINGS COMMUNITIES TOGETHER IN SUPPORT OF INDIVIDUALS WITH DISABILITIES AND ADVOCATES FOR A VISION OF EQUAL OPPORTUNITY FOR ALL. THIS DAY EMPHASIZES THE IMPORTANCE OF REMOVING BARRIERS, ENABLING PEOPLE WITH DISABILITIES TO PARTICIPATE FULLY IN EVERY ASPECT OF LIFE—FROM ACCESSIBLE COMMUNITIES AND INCLUSIVE WORKPLACES TO REACHING PERSONAL GOALS WITHOUT LIMITATIONS.



SCAN TO
LEARN MORE!

DECEMBER 10TH: HUMAN RIGHTS DAY

HUMAN RIGHTS DAY IS CELEBRATED WORLDWIDE ON DECEMBER 10, MARKING THE ANNIVERSARY OF THE UNITED NATIONS' ADOPTION OF THE UNIVERSAL DECLARATION OF HUMAN RIGHTS (UDHR) IN 1948. THIS HISTORIC DOCUMENT AFFIRMS THE BASIC RIGHTS AND FREEDOMS EVERY PERSON DESERVES, REGARDLESS OF RACE, RELIGION, GENDER, OR BACKGROUND. SERVING AS A UNIVERSAL STANDARD, THE UDHR HAS SHAPED LAWS AND POLICIES ACROSS THE GLOBE AND SUPPORTS SUSTAINABLE DEVELOPMENT GOALS. TRANSLATED INTO 577 LANGUAGES, IT REMAINS THE WORLD'S MOST WIDELY TRANSLATED DOCUMENT.