

JULY 2026



LIFE | LOVE | LOSS

"Change is inevitable. Growth is optional."

– John C. Maxwell

Thank you for making time to read the THMF Newsletter. The wish in our hearts is for something shared here to make a difference for good in your life, your grief journey, or the love you have to share with the world.

SMALL EDITS

"It's in the small habits. How you spend your mornings. How you talk to yourself. What you read. What you watch. Who you share your energy with. Who has access to you. That will change your life."

-Michael Tonge

Have you ever paddled in a canoe with someone? Perhaps you have been in the position of rutter in the back? If you have you know how small edits, slight movements can make big changes to your direction. You know that if only one person on one side of the boat is paddling you will spin in circles, getting nowhere fast. If you have not yet had this life experience I recommend it! If you are single and dating, even better! Take your date on such an adventure, you will learn a lot about yourself and them!!

In life these same principles apply. Often small slight edits in our thinking can change a situation or bring about new perspectives that shed light on a circumstance allowing us to view it in a new way. We are here to learn, to grow and evolve. We do that in change. We need awareness first, to watch, listen, be aware of the things we are doing, saying, thinking or behaviors that are influencing us for good or not so good.

What are small edits you can make right now at the halfway point of this year to bring you MORE _____. You fill in the blanks!

What is it you are longing for more of?

- Peace
- Contentment
- Joy
- Laughter
- Spirituality
- Growth
- Courage
- Forgiveness

I invite you to make one small edit to bring you closer to that which will give you more!

When my youngest son Joey died by suicide, I didn't know if I would ever know peace again. I didn't understand the loss, I couldn't fathom why my beautiful boy was gone,

why it was by his own hand. I wanted/needed it to make sense, and I could not make it make sense.

I watched my husband, daughter and son all grieve in different and unique ways searching for their own forms of peace in the pain. We lost the same human being but we each lost someone very different in our lives.

My daughter was married and lived out of state. She missed Joey the most at holidays and family gatherings when she would have had the most time with him. My husband was in law enforcement and worked nights and weekends. He missed his son and having a child who liked his dad to make grilled cheese sandwiches after school when he woke up from working a graveyard shift. My son lost a brother who he was best buddies with when young and mortal enemies the last teenage years, so he had added guilt to his grief. That was heavy.

Each of us had to find and create ways inside our unique pain to have peace, joy and laughter in our lives without Joey.

I invite you to find ways inside your own grief journey to learn, grow, embrace the hurt of finding the untapped love waiting to be expressed in new and different ways.

I invite you to make one small edit this month to bring you closer to that which will give you more!

All my best,

Genna

MENTAL HEALTH MOMENT

“that was her magic,
she could still see the sunset,
even on those darkest days.”

- Atticus

Summer is awesome for more time in the sun. Be outside, put your bare feet on the earth, sand, and in water! Breathe deeply! Let the summer sun warm you from the inside out.

It can be a great season of renewal and recharging! It can also be a season of too much together time! Say, no! It is a full and complete sentence that does not require an explanation. If you know a specific gathering will push you over an edge, cause stress or wear you out emotionally, don't go!

I have found the older I get the more I make decisions on where I will spend my time based on parking, what kind of lights there are and definitely WHO will be there! JOY-MO is real. Discover the joy of missing out!

You can decline politely, ask someone to share pictures of the gathering or event with you. You pick the times, places and events that feel good to you!



RESOURCES

988 – National Mental Health Hotline – Talk or Text 24/7

National Alliance on Mental Illness – NAMI www.mani.org/Home

<https://www.samhsa.gov/find-help/988>

<https://www.211.org>

[Crisis Hotlines: Common Hotline Phone Numbers | Eluna Network](#)

Mental Health App's

Talkspace – Best Overall Therapy App

Calm – Best Mindfulness App

My3 – Three People / Three Distractions / Safety Plan App

Chopra App – Great mindfulness and free meditations

Pride Counseling – Best Queer Mental Health App

Youper – Best Self-Guided Therapy App

Headspace – Best Anxiety App

UTAH VISION GALA

RAISING AWARENESS FOR MENTAL HEALTH & SUICIDE PREVENTION

This is the main fundraiser for the Taylor Hagen Memorial Foundation to fund programs and retreats all year.

We are SO excited for another year, to connect, to remember, to play, to raise funds and awareness together.

November 14, 2026

Bereaved Mother's Retreat's

Bereaved Mother's Retreat's sponsored by Cristie North of Taylor Hagen Memorial Foundation and Leigh Anne Garcia of Andrew Garcia Memorial Foundation.

Twilight Moon Ranch, Kamas

2026

September 25th – 27th

Visit www.thmemorialfoundation.org or email cristie@thmemorialfoundation.org

MENTAL HEALTH CARE CRISIS CENTER 24/7

Huntsman Mental Health Institute Crisis Care Center

Walk-In care for anyone 18+ experiencing a mental health crisis at no cost.

955 West 3300 South

South Salt Lake City, UT 84119

Theta Healing / Chakra Clearing / Oracle Card Readings

Sessions with Advanced Theta Healing Practitioner / Intuitive Wellness Guide Genna Thomsen

Call or text 801-598-6517 to schedule your time today! Session begin when you book!

Gift certificates are available.

www.gennathomsen.com

Robert Hopkins – “The Alchemist Lighthouse – The Daily Journey to Creating Your Beacon of Light” book

Rooted in presence, compassion, and courage, his work helps others face challenges with grace. As a sought-after speaker and mindfulness facilitator, Robert has led workshops, corporate trainings, and retreats nationwide, guiding leaders, teams, and individuals to reconnect with their inner light and lead with clarity, purpose, and confidence.

You're welcome to reach out via email, give my office a call, or even stop by my workplace—I'll be more than happy to connect.

Phone +1 (801) 918-0264 Email Address: roberth@s-t-r-i-v-e.com

Bereavement Doula

Bereavement Doula
McKenzie Mott
Creativewaystogrieve.com

Lotus Rocks & Crystals

Multiple Reader/Healers at Lotus doing mini sessions.

LOTUS

12896 S Pony Express Rd Ste. 200

Draper, UT 84020

SUPPORT

Mental Health Urgent Care

<https://mentalhealthurgentcare.com/>

Live On Utah

www.liveonutah.org

Caring Connections

SLC, Midvale & Orem

www.nursing.utah.edu/caring-connections

801-585-9522

What's Your Grief?

A website about grief & loss & ways to cope.

www.whatsyourgrief.com

The Sharing Place

Support for families and children 3 ½ and up.

www.thesharingplace.org

801-466-6730

Canary Garden

Helping children in their grief process.

www.canarygarden.org

801-960-2684

Substance Use and Mental Health Services Association

www.samhsa.gov/

American Foundation for Suicide Prevention

www.afsp.org

1-800-273-TALK (8255)

Crisis Text Line

Text **TALK** to 741741

SafeUT Crisis & Chat App

The SafeUT Crisis Chat and Tip Line is a statewide service that provides real-time crisis intervention to youth through live chat and a confidential tip program – right from your smartphone.

Licensed clinicians in our 24/7 CrisisLine call center respond to all incoming chats and calls by providing:

supportive or crisis counseling, suicide prevention, and referral services.



****If you no longer wish to receive this newsletter, please reply STOP****