

# JUNE 2026



## LIFE | LOVE | LOSS

*"Remember your words can plant gardens or burn  
whole forests down."*

*– Gemma Troy*

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.

## **WORDS MATTER**

*“Choose your words wisely, for they have the power to shape your reality.”*

- Jolenor Saligumba

Hello June!

Is your inner voice kind or critical? Are you even aware of the words being used when you talk about yourself inside your own head? What about when you are speaking of others? If the person you were talking about was in the other room and could hear you would they be honored or upset?

I have been practicing active listening more and more and what I am hearing is that a lot of people have some harsh speakers inside of them. A lot of words being said about current and future events carry a heavy or negative tone. Those things carry weight to them.

Have you seen the scientific studies of water molecules when kind positive words are spoken and those when mean hurtful things are spoken? If you have not I would suggest looking it up. After you do look up what percentage of our bodies are made up of water. Spoiler alert it is between 50% - 75%. More than half of your very being is heavily influenced by kind words!

Do you say things like the following often;

“This will be hard” or “It is really hard too \_\_\_\_\_”

“It is difficult to \_\_\_\_\_”

“I can’t”

If simple statements like this are a regular part of your vocabulary, I invite you to practice active listening to yourself! Listen to your thoughts, the things you say. Are they encouraging about yourself and others? The future is not yet here; we might as well speak of it in bold goodness! Do you lament about things that have passed, thinking harshly about yourself or others on the ways things could or should have gone differently?

I think of what a breath work facilitator I go to says about breathing. He says, “You cannot breathe yesterday, you cannot breathe tomorrow, you can only breathe right now.”

Right now, say something good! Right now, think charitable things towards others, this life has so script and for the most part others are doing the best they can with what they have. Catch yourself in the doom thought traps and let those thoughts go like clouds in a windy sky. Think of something new! They are just thoughts; they can be changed!

All my best.

Genna

**Mental Health Moment:**

*“You never know how long your words will stay in someone’s mind even long after you’ve forgotten you spoke them.”*

- *LiveLifeHappy.com*

Below are some of the observances this month. I invite you to use one or all of them to create meaningful connections using kind words for yourself and others.

What will you notice this month in your word choices out loud or inside your own mind that you can make small edits that will create a change for good?

# JUNE

## HOLIDAYS

---

- 3-National Egg Day
- 7-National Donut Day (1st Friday)
- 6-National Yo-yo Day
- 8-National Best Friend's Day
- 11-National German Chocolate Cake Day
- 11-National Corn on the Cob Day
- 12-National Jerky Day
- 13-National Sewing Machine Day
- 14-Flag Day
- 16-Father's Day (3rd Sunday)
- 17-Eat All Your Veggies Day
- 18-World Juggling Day
- 18-International Picnic Day
- 20-World Refugee Day
- 21-Summer Solstice (longest day)
- 22-National Kissing Day
- 23-National Eat at a Food Truck Day
- 23-Runner's Selfie Day
- 24-Take Your Dog to Work Day
- 26-National Chocolate Pudding Day
- 27-National Sunglasses Day
- 29-National Camera Day

# RESOURCES

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

National Alliance on Mental Illness – NAMI [www.mani.org/Home](http://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

**Seeds of Remembrance 2026: Uniquely Irreplaceable: Grief, Resilience, and Why the World Needs You in It**

Caring Connections: A Hope and Comfort in Grief Program will hold its annual Seeds of Remembrance event on Tuesday, May 12, 2026, from 7:00-9:00 p.m. This year's program will be held at the **University of Utah College of Social Work (395 South 1500 East Salt Lake City UT 84112), in the Goodwill Humanitarian Building - Okazaki Community Room**. The event will also stream on Zoom for those who are unable to join in person. This event is free and open to the public.

Seeds of Remembrance is an opportunity for individuals to come together and cope with the loss of a family member or friend while honoring the memory of the person who died.

The program's theme is "Uniquely Irreplaceable: Grief, Resilience, and Why the World Needs You in It." Some losses change everything. They reshape how we see the world, how we show up for others, and how we understand our own worth. This year's featured speaker, George Deussen, reflects on ten years of grief, healing, and hard-won perspective following the loss of his son, Stockton Powers. With honesty and heart, he explores what it means to be a man navigating grief in a world that doesn't always make space for it — and why your life, your uniqueness, and your presence matter more than you know. Light never dies. Neither does yours.

The program will also feature musical performances by Paul Jacobsen.

For more information, call 801-585-9522 or email [caringconnections@utah.edu](mailto:caringconnections@utah.edu).

[RSVP](#)

## 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.

## Utah Vision Gala

Thank you to all who came, who donated, who participated or contributed to make this such a huge success so we can continue to give. We are SO grateful!

2026 TBD

## 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

May 15<sup>th</sup> – 17<sup>th</sup>

September 25<sup>th</sup> – 27<sup>th</sup>

Visit [www.thmemorialfoundation.org](http://www.thmemorialfoundation.org) or email [cristie@thmemorialfoundation.org](mailto: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](http://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](mailto:roberth@s-t-r-i-v-e.com)

## Bereavement Doula

Bereavement Doula  
McKenzie Mott  
[Creativewaystogrieve.com](http://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](http://www.liveonutah.org)

Caring Connections

SLC, Midvale & Orem

[www.nursing.utah.edu/caring-connections](http://www.nursing.utah.edu/caring-connections)

801-585-9522

## What's Your Grief?

A website about grief & loss & ways to cope.

[www.whatsyourgrief.com](http://www.whatsyourgrief.com)

## The Sharing Place

Support for families and children 3 ½ and up.

[www.thesharingplace.org](http://www.thesharingplace.org)

801-466-6730

## Canary Garden

Helping children in their grief process.

[www.canarygarden.org](http://www.canarygarden.org)

801-960-2684

## Substance Use and Mental Health Services Association

[www.samhsa.gov/](http://www.samhsa.gov/)

## American Foundation for Suicide Prevention

[www.afsp.org](http://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.

**Chat - CrisisLine**  
Opens 2 - way messaging with a SafeUT CrisisLine counselor.

**Submit a Tip**  
Submit confidential tips to school administrators on bullying, threats, or violence.

**Call - CrisisLine**  
Tap this to speak to a SafeUT CrisisLine counselor. The CrisisLine number will appear and you can call immediately.

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