SEPTEMBER 2026

LIFE | LOVE | LOSS

"They that love beyond the world cannot be separated by it. For death is no more than a turning of us over from time to eternity. Death cannot kill what never dies."

– William Penn

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.

THE CRACKS

“Finding beauty within the imperfections of life and accepting the natural cycle of growth and decay…

Celebrating cracks, crevices, and all other marks that time, weather, and love leave behind."

- *Wabi-Sabi*

This month arrives different for me. This is the month that my son Joey took his life and I face another date on the calendar that makes me count how long it’s been since I have seen his face, heard his voice, felt his arms wrapped around me in a long hug. I have realized there is a muscle memory of the agonizing loss I felt when he left. My youngest child, still a boy at fifteen, barely two weeks into his sophomore year of High School. So much life in front of him. So many adventures yet to be made.

In my grief journey of losing a child I learned early on I am a calendar griever. Dates get me. This bothered me deeply in the beginning as why did one specific date hit my mind and heart heavier than others? It is not like I didn’t know he was still gone or that some how he could return…. It is just how my system processed losing him. His birthday hits me hard. His death date pulls at all my emotions, and I feel it viscerally as his mother, he is bone of my bone, blood of my blood and I experience his loss physically, mentally, and emotionally on these dates. It is an ache, a longing for something that is missing from me. It will be nine years this year since he was here.

Through the cracks of this pain I have found deep peace, made amazing friends I would not have met without this loss, learned new things I would not have made time to learn, loved deeper and wider, appreciated each day as the gift it is, sat in stillness that I might not have looked for. I am grateful for all of this.

I started following this artist named Matt Moberg and he recently shared something called “What Sidewalks Are For”. Below is an except from it that I thought applied to grief, loss and living life through the cracks of that pain.

“And I think this is how the best gifts are supposed to work.

I think that gratitude often begins where total ownership ends.

Because the holiest things in our lives were never really ours.

Everything is entrusted and none of it is possessed.

Tended to, but never kept.

The children. The rivers. The body. Each other.

This ridiculous little strip of earth where strangers walk their dogs
and teenagers cut across the lawn and someone's grandmother moves slowly toward the bus stop carrying two grocery bags in her arms and an entire invisible century is in the bend of her back.

Love has always been a terrible financial arrangement.

No warranty. No favorable interest rate.

We invest everything and we retain nothing.

The miracle though isn't that the bill arrives.

The miracle is that we keep reaching for the check.

That we keep repairing what other people are allowed to walk on.

That we pour ourselves into things without receiving the deed.

That we plant trees whose shade will fall on somebody else's shoulders.

That we patch the cracks knowing that winter is already backstage cracking its knuckles.

Peace is realizing:

There are worse ways to leave this world than having made one square of it a little kinder before we go."

So, I leave you this month with a simple invitation, let's spread some extra kindness, to ourselves, to others, smile at strangers, hold open a door, pay it forward if you can!

All my best,

Genna

MENTAL HEALTH MOMENT

"You were unsure which pain is worse –

The shock of what happened or the ache for what never will."

- Let's rethink grief – williscc.com

The Out of the Darkness Walk with the American Foundation for Suicide Prevention is Saturday September 4th, details are below. If you need help, get it, share what you are thinking and feeling. Get things on the outside so they don't destroy you from the inside.

Event Venue: Veterans Memorial Park

City: West Jordan

Date: 09/05/2026

Walk Start Time: 9:30 am

Walk Chair: Melanie Jeske

Walk Chair Email: mjeske@afsp.org

https://afspwalks.donordrive.com/SLC

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 at the Grand America

Room Blocks & Tickets now available!

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

1:1 Grief Support Sessions, Reiki, Reflexology, Sound Healing and more.

Meg Hansen

503-317-6292

Balancedsoul8@gmail.com

IG - @balancedsoul_8

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 begins 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