NOVEMBER 2026



LIFE | LOVE | LOSS

"You can be thankful for what remains and still be sad for what is lost."

– RefugeInGrief

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.

TAKING & GIVING

“Always give without remembering and always receive without forgetting."

- *Brian Tracy*

This November I invite you to use a bit of the new time in darkness to reflect on the balance of taking and giving in your life.

Start with your closest relationships first, be honest in your evaluations. This is not a pass fail. This exercise is for observation only. Are you a giver? Do you spend most of your time and energy looking for ways and places to give? Do you do this in love, for the joy and pleasure found in serving others? Or do you give to the point of burnout, overwhelm, financial strain? Again, the answers are not right or wrong nor do I want them to invoke judgment against yourself. This is an inquiry only activity.

Or are you a taker? Do you often ask for and allow others to give and contribute to you? Do you do this with expectation or gratitude? Again, no judgment here, just awareness. If the answers here are yes, does this occur only at home, or does it carry over to work? Does this take place in intimate relationships where you expect to receive more than you contribute?

I think it is good to look, see where you are and, in this reflection, choose freely if you want to make any edits. This month reminds us to be grateful, to focus on all that we DO have. It is a parody in opposition when you are grieving a loss as you cannot forget who is missing from your life. This could be a living loss like that of a relationship, a job, a close friend or family member that you no longer have in your life. Loss comes in many shapes and sizes.

I honestly believe with desire and intent in the stillness we can take some time to give ourselves permission to feel peace, to find moments of joy, laughter, honest connection, and love.

My November wish is for us all to take a lesson from nature, let go of what is no longer needed as the trees shed their leaves. I invite you to move into slower days with

purpose, putting deeper roots into the people and things that matter most to you. I encourage honest reflection that brings you to a renewed place of stillness in your mind and heart. In this stillness may you find the answers to that which you seek.

All my best,

Genna

MENTAL HEALTH MOMENT

"It's okay to be thankful, grateful, and grieving all at the same time."

- *A Gentle Thanksgiving*
  Lisa Haines LLC



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 are still 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

2027

TBD

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

CARING CONNECTIONS

Making Space for Grief During the Holiday Season

“The last couple months of the year always bring about a sense of contemplation for me. Something about the leaves changing, the air cooling, and the daylight lessening reminds me that this is a time of year for reflection.

For grieving people, the final quarter of the year can sometimes be unexpectedly difficult. From back to school, to Halloween, to Thanksgiving, Christmas, New Years, and all the days in between, this is often naturally a season of busy-ness. It is also a season of reflection and contemplation, and perhaps even a heightened sense of grief.

You may be wondering how the holiday season will go for you this year. Perhaps you are grieving a loss, or wanting to support a friend or family member who is grieving. This is a good time to be extra gentle with yourself. The holiday season can be a stressful time even under the easiest of circumstances. When we add grief into the mix, that can make this season even more difficult.

Knowing that this season may bring some uncertainty, difficulty, and heightened grief, we want to invite you to join us in community. On November 10, 2026, we invite our Caring Connections community to join us for our annual Grief and the Holidays gathering. This is a time for the community to come together to receive some inspirational messages, to remember those who have died, and prepare for navigating the holidays while grieving.

Laura Bradbury, LCSW, PhD

Content shared from the ***Caring Connections Blog***”

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

Meg Hansen

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Theta Healing | Clearings | Readings

Sessions with Advanced Theta Healing Practitioner / Intuitive Wellness Guide

Genna Thomsen

Call or text 801-598-6517 to schedule your time today!

Your session begins when you book!

Gift certificates 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****