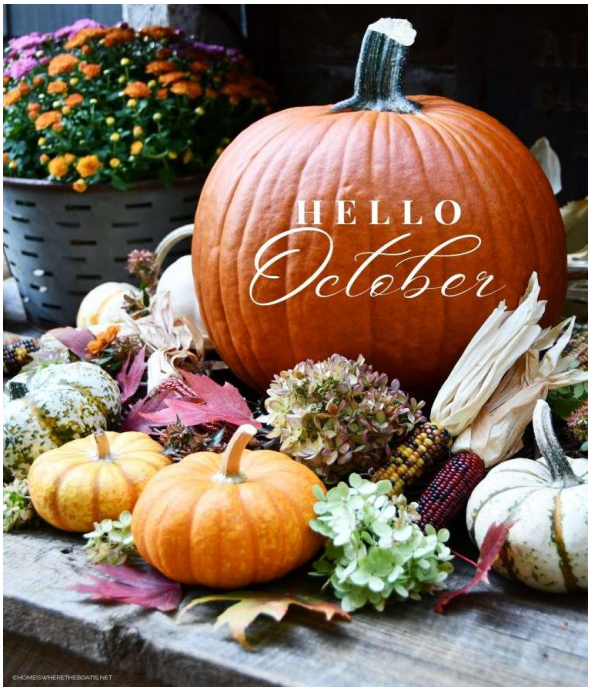
OCTOBER 2026



LIFE | LOVE | LOSS

"We love them again and again, in a thousand little ways.

Grief isn't a storm that blows through.

It's a season that never leaves."

– Jameson Arasi

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 DARK

“Silence and peace come over you if you begin to comprehend the darkness.

Only he who does not comprehend the darkness fears the night."

- *Carl Jung*

This month is the gateway to the end of the year. The beginning of the end of 2026. The sun is setting earlier; there is a coolness in the air that tells us fall has arrived. What are your favorite things about the changing of seasons? Do you have a favorite fall activity, exercise, or ritual you perform as the new season settles upon us?

I am an avid herb/flower grower so this time of year the plants set the stage for when I can harvest them. I feel a new urgency to savor all they have grown. I spend a lot of time picking and drying things so I can create healing tinctures, salves, fragrant salt soaks to share. This year I am adding candles making and clay creations to the mix. I now have space to get things wrong, make them perfectly imperfect! I didn’t always have this room in my mind or practices.

I love to use these darker days as a time of inward reflection. I like to ask myself what am I holding that needs released as I watch the leaves blow off the trees. Mother Nature is so beautiful in her teachings. So many things grow best when pruned and trimmed. What in your life needs to have a trim? What could you prune out of your daily habits that would leave more room for good?

My pup Joey could have been 25 this month. I never know how his birthday will land. He took his life at age 15, a month and two days before his 16th birthday. We have now had nine ‘could have been’ birthdays without him. I allow my mind to wander the empty streets where his life could have been. What would he be doing, where would he work, who would he love? All of it….. Time has not touched my love or longing for him. I have just grown accustomed to carrying the weight of loss. I am stronger now for it.

I invite you to enjoy this time, make something to share, light a candle on a blistery night. Lean into the cozy quiet the dark can bring. What answers, whispers, or gold wait there for you?

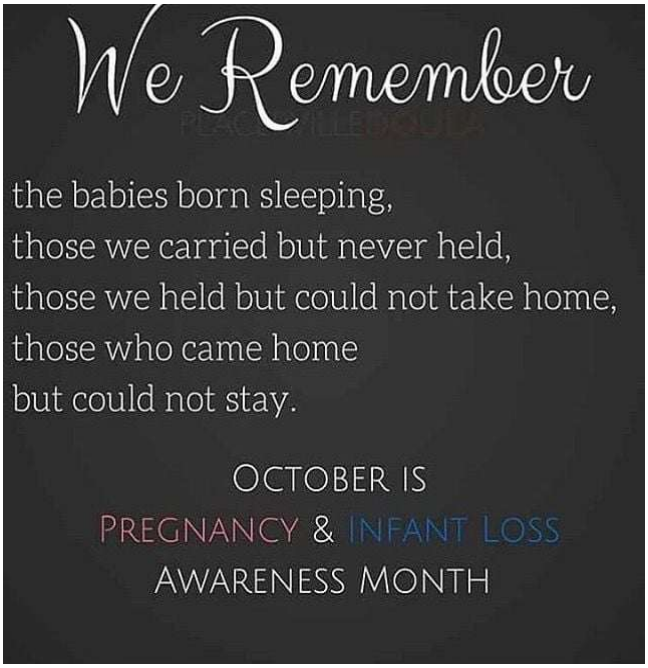
All my best,

Genna

MENTAL HEALTH MOMENT

"May there be comfort in knowing that someone so special will never be forgotten.

- *Julie Herbert*



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 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

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

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

Meg Hansen

503-317-6292

Balancedsoul8@gmail.com / Instagram - @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!

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****