



# Celebrate All Women This Women's History Month

Women's History Month has been celebrated in March in the United States since 1987. It is a time meant to honor and acknowledge women and their often overlooked contributions to history and culture. Originally women's history week, the observation was extended to the entire month of March, chosen to coincide with International Women's Day on March 8th.

While Women's History Month is an important acknowledgment of how women have helped and continue to help shape the world, there are still many voices that often get left out of the conversations. Queer women have always been involved in the fight for gender equality, and yet their contributions and the unique disparities they face have historically been excluded from the narrative. This is particularly true for trans women and women of color, who often face discrimination and exclusion from their white, cis, straight peers in the movement.

If Women's History Month is about

celebrating overlooked contributions and about bringing attention to the work that still needs to be done, it's due time that **queer**, **trans**, and **black women**'s contributions should be acknowledged and celebrated. Make sure that all the women in your life know you appreciate them this month. ●

[LEARN MORE](#)



## NEW BOARD MEMBERS

Envision:You is proud to announce the recent addition of four new members to our Board of Directors.

As a part of the Engaged Philanthropy team at The Denver Foundation, **Emma McDevitt** (they/them) works directly with donors and community organizations to bridge the gap in fundraising between those who have historically held resources and those in need. In addition to Emma, we are delighted to welcome **Rich Bailey** (he/him), who supports his dedication for expanding education and resources in the LGBTQ+ community by creating connections through his active involvement in the greater front range region. **Kate Huckabay** (she/her) is a social justice advocate, facilitator, and coach with more than 15 years of experience in academia, consulting and volunteering. She is a senior consultant at the Karrikins Group, a global behavior change company. Finally, a passionate and dynamic LGBTQIA+ leader known for inspiring and advocating for change, **Karyn "Ryn" Skultety** (she/her) is an executive consultant providing strategic consultation and leadership support to nonprofits across the country.

[LEARN MORE](#)


## 5 HEALTHY TIPS ...for having self-compassion

- 1 Recognize that you are human.** We all have flaws and mistakes are normal.
- 2 Practice self-care and compassion because you deserve it,** not because it's something you've been told you should do.
- 3 When you do make a mistake, give yourself grace.**
- 4 Treat yourself how you would treat a treasured friend.**
- 5 Write a letter to yourself.** Try writing from a compassionate perspective to the part of you that is struggling.

[LEARN MORE](#)

## PROGRAM HIGHLIGHT: Q IS FOR QUESTIONING

The Q is for Questioning program team has taken two important steps to push forward the crucial work of building and facilitating workshops for caregivers who are committed to being an affirming source of support for the LGBTQ+ youth in their lives. The first was to finalize the contract with the State of Colorado and the Office of Behavioral Health, who along with the University of Colorado Diversity, Equity, and Inclusion (DEI) Office, are major funders of this work. Additionally, Envision:You recently engaged the Butler Institute at the University of Denver to review Q is for Questioning curriculum ensuring it reflects educational best practices, developing a training protocol for workshop facilitators, and creating an evaluation protocol for the workshops. We are looking forward to launching this program later this year.

[LEARN MORE](#)


## FRESH PRESS

### I Matter.

**I Matter Colorado**, a program funded by the Colorado Office of Behavioral Health, provides access to mental health and substance use disorder services for youth. All youth living in Colorado can currently receive at least three free behavioral health sessions. Youth and their parents can visit the **I Matter platform** to take a confidential online survey about their mental health and schedule sessions, primarily via telehealth. Services are available in English and **Spanish**.

[LEARN MORE](#)