Hello Qualified Referent Source!

School is out and summer is here! The busy season is right around the corner and for those of us who are northern hemisphere, the fall is steadily leaning toward the sun. More specifically the fall is deeply embraced at once degrees north of the equator of the Tropic of Cancer. The world “solstice” scores from the Latin words sol (sun) andstice (to stand still) which highlights what happens at the solstice. The Sun’s rays and the place of the Earth’s equator appear equal to 23.5 degrees. The solstice has been celebrated by many cultures throughout the world for a long time. For example:

- In Sweden, Midsummer is one of the most celebrated holidays in the country. It is a service led and staffed by people with lived experience of suicide prevention gatekeeper training. LivingWorks Start is a one-hour, online, interactive training program that gives you the skills and access to the

The Office of Suicide Prevention is providing our partners across Colorado FREE Funding LivingWorks Start Training.

The Missing Ingredient in Self Care

Self-care can seem like a daunting task when you've already got a lot on your plate, so let's talk for a little while about what self-care looks like. What happens if you push yourself too hard? What happens when your body tells you

A Self Care Action Plan

Self-Care Inspirational Videos

Resources and Continuing Education Opportunities

Second Wind Fund is always looking for ways to encourage self-care. You work had all year long and deserve some time away from it. But how do you make sure you're taking care of yourself? We're excited to let you know that there are ways to do this. Here are some self-care tips that you can use to make sure you're taking care of yourself.

PTSD Awareness Month

PTSD Awareness Month is a month when there are many ways to improve mental health and well-being. The goals of PTSD Awareness Month are to: increase awareness; reduce stigma; and increase knowledge.

Second Wind Fund

With Gratitude,

June Inspiration and Updates

Second Wind Fund is a 501(c)(3) organization. Your contributions, gifts, and donations are tax deductible to the extent allowed by law.

P.S. Keep reading to find another opportunity to win a Starbucks gift card!
Empowerment Summit with the Denver Broncos

The Empowerment Summit Digital Learning Series hosted by the Denver Broncos provides opportunities for high school student-athletes who identify as female in Colorado and beyond to access virtual resources for personal and professional development. Our goal throughout this series is to equip students with the skills and tools that will benefit them for years to come, and expose them to strong, female role models.

Second Wind Fund was asked to contribute and discuss stress and mental health. The four part video series is free to access on-demand, and any teen could benefit from watching them.

Elyse Baumgardner
Referral Specialist
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Elyse joined the Second Wind Fund team in March of 2021 as Referral Specialist. After graduating from the University of Michigan with a Bachelor’s degree in Criminology and Criminal Justice Studies, she began volunteering in the nonprofit sector. At the Rose Andom Center in Denver, she supports survivors of intimate partner violence by connecting them with resources to aid in their healing process. Elyse is driven by a passion to empower others as well as the desire to make a difference in the community.

To access the training, click here and enter access code: OSP Gen. Please note there are a limited number of licenses available for use and the training is available on a first come, first serve basis. Please do not share the URL and access code outside of Colorado.

Mental Health Awareness Month Series

Feedback About Making Referrals

We would love to hear your feedback about how COVID-19 has impacted your ability to make referrals. Please reply to this email with any feedback that you would like to share.

We Are Here!

Have any questions about how Second Wind Fund works? Feel free to explore our website or reach out to program@thesecondwindfund.org

Get to Know the Second Wind Fund Staff

With school continuing to be remote, we welcome any thoughts, opinions, and concerns.

This is the final question of our series. How do you celebrate the start of summer?

Chris Weiss - Executive Director

“To kickoff Summer, I thoroughly enjoy setting up the backyard for a season of BBQs and outdoor activities!”

Kimberlee Bow - Program Director

“When Summer comes around, I am so ready for it to be light later in the day so that I can be outside as much as possible. With it being my son’s first Summer, we are going to have to find as many fun activities as possible.”

Mandy McKnight - Controller/Director of Operations

“This year, we'll be kicking off the summer by setting up our stock tank pool and finishing our outdoor space that we started working on last year. We also just adopted a dog, so we’ll be enjoying summer evenings outside with him.”

Mary Houlihan - Provider Engagement Manager

“I start to plan whether my dog, Shylo, is getting her long walks early in the morning or in the evening because her fur gets her too hot to exercise in the middle of the day.”

Elyse Baumgardner - Referral Specialist

“I celebrate the start of summer by going on a long hike and a picnic with my dog!”

Our mailing address is:
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