



♥ CONTACT US ♥

.....♥ August 2018 ♥.....

SW Metro Denver Survivors of Suicide

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We would like to welcome you to our monthly Southwest Metro Denver Survivors of Suicide meeting. Our group is for adult survivors of suicide who seek comfort and healing after the heartbreaking loss of a loved one to suicide. We know that the grief that follows suicide is extremely difficult, which is complicated and magnified because not only does the survivor have to grieve the loss of their loved one, but also the action that caused their death. For some of you, this may be the first few days or weeks of life without a loved one who died by suicide, or it may be the 1st, 2nd, 5th, 10th year or more of suicide loss. Our group is open to all who share this journey of suicide grief and loss. We are spouses, partners, parents, siblings, children, family members, friends, neighbors, professionals, caregivers and co-workers, etc. who have all lost someone to suicide. We're sorry you are here, but grateful that you've joined us and allowed us to be a part of your healing journey after such a difficult loss. ♥

UPCOMING EVENTS:

TAPS CO Regional Conference and Good Grief Camp

Fri., September 7, 2018 3:00 pm – Sun., September 9, 2018 3:00 pm

Hilton Denver Inverness, 200 Inverness Dr. W, Englewood, CO

To register, visit: <https://www.tapsconnected.org/events/vOPregistration.aspx?eID=80>

Cost: FREE



TAPS (Tragedy Assistance Program for Survivors) offers peer support for those grieving the loss of a military loved one (due to any type of loss, this group and event is not specific to just death by suicide). TAPS Seminars include workshops that are designed to help connect participants in a variety of workshops with professionals, subject matter experts, mental health clinicians and TAPS Peer Mentors and volunteers to explore 4 categories so everyone can find support that fits each person's needs. Subjects will focus around: Acknowledge and Honor, Skill Building, Adjusting to a New Normal, and Meaning and Purpose.

In addition to programming for adults, the *Good Grief Camp* is simultaneously run at the conference to provide a safe space for children who have a lost loved one who served in the Armed Forces to process their grief and begin to heal. Camp Good Grief is led by experts in the fields of child development, mental health and education.

Programming throughout the weekend mirrors the adult curriculum and provides families with a common language crucial to strengthening family bonds. Children and teens will honor their loved one, connect with their peers, and learn coping skills through games, crafts and other age-appropriate activities in a fun and supportive environment. The best part is that the conference is paid for by entirely by TAPS and generous conference sponsors, so it is completely free! This includes lodging (for those needing to travel more than one hour to the conference which is being held in Denver this year), all meals, materials, activities and t-shirts at no cost to the participants.

To find out more about the conference, please visit the TAPS website at:
<https://www.taps.org/seminars/2018/colorado>.

Suicide Intervention Skills Gatekeeper Training Workshop

Tuesday, September 11, 6:30 pm – 8:30 pm

Abiding Hope Church Conference Room – 6337 S. Robb Way, Littleton CO

To register for September 11th's training, visit:

<https://abidinghope.ccbchurch.com/goto/forms/66/responses/new>

Cost: \$5.00



The *Suicide Intervention Skills Gatekeeper Training Workshop* is a 2-hour educational program that includes an evidence-based suicide gatekeeper training known as QPR (Question, Persuade & Refer). QPR is designed to teach lay & professional “gatekeepers” how to Question, Persuade, and Refer someone who may be suicidal, the common causes of suicidal behavior, the warning signs of suicide, and how to get help for someone in crisis. We will have an opportunity to practice these new skills in a safe environment, participate in a group discussion about the impact suicide has in our personal lives and in our communities, and we will talk about what community resources are available to utilize in a crisis for yourself or someone you love.

The cost of the workshop is \$5.00 and includes the 2-hour training, a QPR training booklet and wallet reference card, a sheet with local resources, a certificate of attendance (if desired), light refreshments, and digital copy of the book *Suicide: The Forever Decision* by Dr. Paul G. Quinnett, founder of the QPR Institute. Free childcare is available (let us know when registering if needed). The workshops are taught by SW Metro Denver SOS Facilitators Shirley Johnson and Charlotte Tankersley. We would love for you to join us so make sure to register soon if you'd like to join us on September 11th.

Please note that the December 11th workshop has been canceled so the September 11th workshop is the last time this class is going to be offered at Abiding Hope Church this year and the cost for the workshops will be increasing in 2019!! For more information please see the attached flyer, visit: <http://www.abidinghopeqprtraining.com>, or email info@abidinghopeqprtraining.com.

Suicide: The Ripple Effect Documentary Screening Event

Wednesday, September 12, 2018 7:00 – 9:45 pm

Meet & Mingle 7:00 pm

Movie Introduction: 7:25 pm

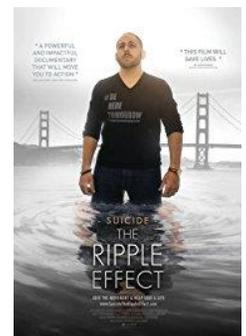
The Ripple Effect Viewing: 7:30 pm

Q & A Panel: 9:00 pm

River Point Stadium 14 – 3565 South Platte River Dr., Englewood, CO

To pre-order your tickets, visit: <https://gathr.us/screening/23388>

Cost \$11.99



Southwest Denver Metro Survivors of Suicide is hosting a screening of *Suicide: The Ripple Effect* during National Suicide Prevention Week on Wednesday, September 12, 2018, at the River Point Stadium 14 in Englewood (Sheridan). Learn more about the film at the documentary's website: <http://suicidetherippleeffect.com>

Before the film, there will be time to mingle and get to know the other attendees, as well as provide an opportunity to obtain information about local resources for suicide prevention and support for suicide attempt survivors, their family members and friends, suicide loss survivors, and other members of the community. There will even be a drawing for free door prizes!!

After the movie, we will have a Q & A panel with local mental health professionals, suicide loss survivors and people who have survived their own suicide attempt(s) and/or have suicidal ideation.

Tickets to the film are only \$11.99. Currently, 30 more tickets need to be sold for the screening event to take place.

After reserving your tickets to the September 12th screening, you can also **make a donation to support Southwest Metro Denver Survivors of Suicide**. This money will go towards the purchase of books and other small items for welcome baskets for new members to our group with recent losses, for books that will be given to members of Abiding Hope Church (who sponsors our group) who have recently lost a loved one to suicide, as well as into a fund for books for our lending library and/or flowers for funerals for those who have died by suicide whose loved ones cannot afford them. You can only make a financial donation to our group online using the link provided for our sponsored screening and only after purchasing (or pre-ordering) a ticket for our September 12th screening. Purchasing or pre-ordering tickets to another group's screening will not allow you to donate directly to our organization's fund. **Donations made while purchasing tickets in this manner will be tax deductible**, however the portion of the transaction for the cost of your movie ticket(s) is not. To pre-order tickets (and make your tax-deductible donation 😊), visit: <https://gathr.us/screening/23388> We appreciate your support and hope you join us on the 12th of September!

If you would like more information about the screening (or how you can set up or make a tax-deductible donation to our group year round without purchasing a ticket to the film), please contact SW Metro Denver SOS Program Manager Charlotte Tankersley directly at 720-745-9252 or charlotte@theinnerlight.org.

17th Annual Second Wind Walk/Run

September 15th, 9:00 am – 1:00 pm

Green Mountain High School 13175 W. Green Mountain Dr., Lakewood, CO &
Green Mountain Presbyterian Church – 12900 W. Alameda Pkwy., Lakewood, CO

Cost: Early Bird Registration (through 8/15/18) Student \$25 / Adult \$30



This is 17th year the Second Wind fund will host their Walk/Run which raises funds to save the lives of children and teens at risk of suicide. Join other Coloradans on Saturday, September 15, 2018, at the start line for the walk/run at Green Mountain High School in Lakewood and end the day with a celebration at Green mountain Presbyterian church as walkers and runners cross the finish line. Full event details have now been released!!! With the location change, there have been some changes to the event, but it is definitely something you won't want to miss!! There will be a short program, entertainment, and a memorial dove release, followed by a 5K fun run and/or a 1 mile or a 5K walk. This event also includes games, activities, music and a picnic lunch. The silent auction that is normally held will be separate and held later this year.

On-site registration begins at 9:00 am and the program, including speakers and entertainment, will begin at 10:00 am. Activities and games will be held from 9:00 am – 1:00 pm. Registration fees include a free t-shirt for those who register before 9/5/18 so be sure to sign up early! (After 9/5 there will be an additional \$5.00 fee to have a shirt mailed to you which will not ship out until after the event.)

All proceeds benefit Second Wind Fund to help pay for life-saving therapy for youth at risk of suicide in Colorado. Second Wind Fund connects youth at risk of suicide with licensed therapists and pays for up to twelve sessions of therapy when there is a barrier to treatment. More than 5000 young people in Colorado have been referred to life-saving services through the Second Wind Fund program.

We love going to the walk/run to support Second Wind, and we would love to see you there too, please stop by the Southwest Metro Denver Survivors of Suicide booth at the resource fair to say hi to our group facilitators and volunteers! To find out more information about the walk and/or to register, please visit:

<http://www.secondwindwalkrun.org>. The last day for online registration is 9/14/18, (you will still be able to register on site the day of the event) but don't delay, we'd really like to see you there!

4th Annual Denver Metro Out of the Darkness Community Walk

September 22nd, 10:00 am-12:00 pm (check-in begins at 8:30 am)

Coors Field – 1663 Park Avenue West, Denver CO

For more information, visit:

<https://afsp.donordrive.com/index.cfm?fuseaction=donordrive.event&eventID=5222>

Cost: Free



**American
Foundation
for Suicide
Prevention**

Join Southwest Metro Survivors of Suicide on Team Abiding Hope at this year's 4th Annual Denver Metro *Out of the Darkness* Community Walk! Walk 2.9 miles (7 laps!) with over 3,500 others around the concourse at Coors Field to raise awareness and funds to help the American Foundation for Suicide Prevention. They use these funds to invest in research, create educational programs, advocate for public policy and support suicide loss survivors.

Don't forget to stop by our booth at the resource fair at the walk to say hi while you're there. We set up a table every year to provide information about our group and the suicide intervention skills trainings our facilitators provide, as well as to provide support, literature, and other resources to our fellow loss survivors who are also at the event.

To join, make a donation to, or find one of our facilitators or other members of Team Abiding Hope to sponsor, visit our team page <https://afsp.donordrive.com/team/abidinghopewalk>. Please share this link with your friends and family, as we would like them to join us on the 22nd too!



To find out more information about the walk and other activities at the event, and/or register as a walker visit:

<https://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=5222>

Surviving After Suicide – 7-Week Suicide Bereavement Workshop

Fridays October 5th – Nov 16th, 7:00 pm - 8:30 pm

Abiding Hope Church Patio Room – 6337 S. Robb Way, Littleton CO

Cost: Free

Surviving After Suicide is a free 7-week workshop for adults (18+) who have experienced the death of a loved one by suicide. This workshop is designed to provide members with information about the grieving process and to provide a weekly safe, supportive, and non-judgmental space to share their experience and feelings with others who share a similar loss. Pre-registration is required as space is limited and attendance at all meetings is requested to facilitate healing. Free childcare is available for children under 12.

This free workshop is facilitated by SW Metro Denver SOS Program Manager Charlotte Tankersley. See attached flyer for more information. To register please contact Charlotte directly at 720.745.9252 or charlotte@theinnerlight.org

Other Local Suicide Survivor Bereavement Support Groups:

North Metro Denver HEARTBEAT

Collier Hospice Center @ Lutheran Medical Center
3210 N Lutheran Pkwy., Wheat Ridge
720.300.8213

Parents Surviving Suicide

Bethany Lutheran Church
4500 E. Hampden Ave., Cherry Hills Village
303.322.7450

East Metro HEARTBEAT

Heart Light Center, 11150 E. Dartmouth Ave., Aurora
303.755.2679 or 303.667.7864

Surviving Your Spouse's Suicide

7009 S. Potomac Suite 109, Centennial
303.353.9226

Southeast Littleton HEARTBEAT

Littleton Adventist Hospital, 7700 S. Broadway, Littleton
720.328.9229 or 303. 697.6984

Boulder HEARTBEAT/Sibling HEARTBEAT

Calvary Bible Church, 3245 Kalmia Avenue, Boulder
720.244.9052 (Sibling group meets as requested, call for info)

Additional Resources for Support:

Compassionate Friends – A support group for adult members (or a friend) of families that have suffered the death of a child (by any means; not just specific to suicide loss). Meets the 4th Tuesday each month from 7:00 pm – 9:00 pm in the basement of Messiah Community Church (1750 Colorado Blvd., Denver, CO 80220). Please contact Ben at 303.355.7710 with any questions.

Group 4F (Fortifying Families and Finding Friendships) – A peer-facilitated mutual support group for family members and friends of individuals who are suicide attempt survivors, who have persistent and ongoing suicidal ideation or an ongoing mental health condition. Group 4F provides an opportunity find new friendships and establish a support network for yourself and your family as you share your experiences with others and learn new ideas to take care of yourself and your family member/friend. Group 4F meets the last Sunday each month from 4:30 pm – 6:30 pm in the Sheridan Public Library's Theresa Dando Meeting Room (3425 W Oxford Ave, Denver, CO 80236). This mutual support group is facilitated by SW Metro Denver SOS Program Manager Charlotte Tankersley but is unaffiliated with Abiding Hope Church or Southwest Metro Denver Survivors of Suicide, and the granting of permission by the Arapahoe Library District to use library facilities does not constitute endorsement by the Library District staff or Board of Trustees. Please contact Charlotte at 720.745.9252 or charlotte@theinnerlight.org with any questions.

NAMI Connections Recovery Support Group – Peer-based mutual support group for adults living with a mental illness. Connection groups provide a place for individuals who have in common the experience of living with mental illness, to share experiences and use them as learning opportunities. Groups are a safe space to confront the challenges that all people face, regardless of diagnosis. NAMI Connections Support Groups meet throughout the Denver-Metro area at various times during the month. For more information about these groups including specific days, times and locations as well as contact information for facilitators, please visit:

<http://www.namicolorado.org/Programs/Support/Connections/tabid/109/Default.aspx>.

NAMI Family Support Group – Peer-based mutual support group for families who have a loved one with a mental illness. NAMI Family Support Groups meet throughout the Denver-Metro area at various times during the month and there is also a group that meets via teleconference on the 1st and 3rd Tuesdays (you need to pre-register for the teleconference sessions). For more information about these groups including specific days, times and locations as well as contact information for facilitators, please visit: <http://www.namicolorado.org/Programs/Support/FamilySupportGroups/tabid/122/Default.aspx>.

Pathfinders – 10-week program that uses art, play, and activities to help children process their grief. While youth are in their groups, caregivers discuss the challenges of raising grieving children, and receive support for their own grief. There is a follow-up group, *Connections*, available after completion of Pathfinders to those who qualify. Judi's House provides counseling services to grieving youth ages 3-25 years and their families. Call 720.941.0331 or email assist@judishouse.org to speak with a Grief Care Coordinator to find out more about individual and family services.

Surviving, Striving and Thriving – A peer-facilitated mutual support group for individuals who are suicide attempt survivors or who have persistent and ongoing suicidal ideation. Surviving, Striving and Thriving offers individuals a safe, non-judgmental space in which to share their stories, a chance to learn new skills from others for stress management, emotion regulation, distress tolerance, etc., and provides the opportunity to build a larger support network through additional group activities – all of which are key factors in reducing the chances that individuals will make an additional attempt or will go on to die by suicide. The main group meets on the 2nd Thursday each month from 6:30 pm – 8:30 pm in the Sheridan Public Library's Theresa Dando Meeting Room (3425 W Oxford Ave, Denver, CO 80236) with additional social activities announced at the monthly meetings. This mutual support group is facilitated by SW Metro Denver SOS Program Manager Charlotte Tankersley

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Online Resources for Suicide Prevention & Postvention Information and Support:

www.swdenversos.com - Our Website

www.coloradocrisiservices.org

www.suicidepreventioncolorado.org

www.afsp.org

www.nami.org

www.allianceofhope.org (24/7 online support community for survivors of suicide loss)

<http://www.facebook.com/swdenversos> - Our Facebook

<http://suicidepreventionlifeline.org>

www.thesecondwindfund.org

www.suicidology.org

www.coloradodepressioncenter.org

If you or someone you know is having suicidal thoughts or may self-harm:

Please **CALL**:

Colorado Crisis Services: 844.493.TALK (8255)

The National Suicide Hotline: 800.273.TALK (8255)

Military Veterans: 800.273.8255, Press 1

Spanish Lifeline: 800.273.8255, Press 2

The Trevor Project: 866.488.7386 (LGBTQ youth)

Trans Lifeline: 877.565.8860 (transgender youth and adults)

OR **TEXT** "TALK" to 38255 or "HOME" to 741741,

OR **VISIT** your local **24-Hour Denver-Metro walk-in Crisis Center:**

Aurora Walk-In Center: Anschutz Medical Campus – 2206 Victor Street

Denver Walk-In Center: 4353 E. Colfax Ave

Lakewood Walk-In Center: Union Square Health Plaza – 12055 W. 2nd Place

Littleton Walk-In Center: Santa Fe House – 6509 S. Santa Fe Drive

Westminster Walk-In Center: 84th Ave. Neighborhood Health Center – 2551 W. 84th Ave.

OR **DIAL** 911.

ABOUT OUR GROUP:

Each Southwest Metro Denver Survivors of Suicide meeting is led by trained peer facilitators who have also been personally impacted by suicide, its complex issues, and its aftermath; and our facilitators have each had years of experience with suicide loss support groups.

Because our meetings are peer-led, group members can share their thoughts and experiences in an environment free from the stigma and judgment usually associated with the topic of suicide. Members provide mutual support as they discuss difficulties coping with their shared losses, can seek opportunities to learn new ways of approaching challenges, often look for experience dealing with difficult anniversaries, special occasions or "tender days", and process other feelings often associated with a suicide loss (including guilt, anger, shame, blame, self-doubt, fear, and abandonment, etc. in a confidential and non-judgmental environment that is non-discriminatory and is inclusive in nature.

We all share a common experience—the loss of someone close to us by a suicide death; and race, sex, age, sexual orientation, gender identity and/or expression, military or veteran status, physical disability, presence of a mental health disorder (a loved one's or our own personal struggle), religion or politics should not be things that further divide us as we grieve that loss. Our group strives to provide a safe space for everyone to gather together as former spouses or partners, parents; grandparents; children; siblings; aunts or uncles; cousins; friends; co-workers; doctors, dentists, nurses, counselors or therapists; neighbors; etc. – our relationship with those we lost does not matter. We are all suicide loss survivors. Our group exists as a space to share our experiences and our feelings – including those feelings and experiences that others who have not experienced the loss of a loved one by suicide may not understand.

Southwest Metro Denver Survivors of Suicide is a program of the Health Ministry Team at Abiding Hope Church and the church generously provides both the space and financial support for our meetings. While our meetings are supported by the church, our meetings are not faith-based, and a specific faith, denomination, or religion is not a requirement to attend.

Our meetings are open to all adult suicide loss survivors and are **completely free**. There is no need to call ahead or pre-register before attending, however you are always welcome to call us any time at 720.515.6047 with any questions or concerns you may have.

Having young children shouldn't be a barrier to joining our meetings. **Free childcare is available at our meetings for children under 12 years old.** Please arrive by 6:45 pm to have time to check-in your children with our caring provider(s) before the meeting begins. If you have any questions, please contact us at 720.515.6047 or childcare@swdenversos.com.

Southwest Metro Denver Survivors of Suicide meets from 7:00 pm – 8:30 pm on the 3rd Monday every month in the Patio Room at Abiding Hope Church. This includes on holidays and in inclement weather! Abiding Hope Church is located at the corner of Coal Mine Ave. & Simms St. ([6337 S Robb Way](http://www.google.com/maps/place/6337+S+Robb+Way,+Littleton,+CO)) in Littleton, CO. The Patio Room is in the hallway on your left, in the first door on your left, through the set of ground level entrance doors on the south side of the building.

Next Month's Meeting:

7:00 pm – 8:30 pm Monday, September 17th, 2018

Our remaining 2018 meetings:

Oct. 15th, Nov. 19th, and Dec. 17th

For more information about Southwest Metro Denver Survivors of Suicide please visit our website: <http://www.swdenversos.com>, email info@swdenversos.com or call 720.515.6047 or contact our Program Manager, Charlotte Tankersley, directly at 720.745.9252 or charlotte@theinnerlight.org.

..**..♥..**.. We hope you will allow us to join you on your healing journey ..**..♥..**..
