



♥ CONTACT US ♥

SW Metro Denver Survivors of Suicide

Mailing Address: PO Box 22
Littleton, CO 80160
Meeting Location: Sheridan Library Meeting Room*
3425 W. Oxford Ave.
Denver, CO 80236
Website: www.swmetrodenversos.org
Email: info@swmetrodenversos.org

SW Metro Denver SOS Program Manager:
Charlotte Tankersley: 720.745.9252 or
charlotte@theinnerlight.org

Facilitators:
Jeannine Honey: 303.716.3025
Shirley Johnson: 303.507.6252
Ted Mershon: 303.977.3037

♥ December 2018 ♥

Southwest Metro Denver Survivors of Suicide 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. ♥

A Special Announcement

Southwest Metro Denver Survivors of Suicide is now a program of The Hope Group, LLC, an organization dedicated to reducing Colorado suicide rates by providing peer support opportunities for all individuals impacted by suicide in the greater Denver metro area!

We want to take the opportunity to thank the pastors, staff and Health Ministry Team at Abiding Hope Church for their years of hard work and generous support since the establishment of the group in 2011.

Beginning in January 2019, meetings will be held on the 2nd Monday every month from 7:00 pm – 8:30 pm in the Meeting Room at the Sheridan Library*. The Sheridan Library is near the main intersection of Federal Blvd. and Oxford Ave. in Denver, CO (3425 W. Oxford Ave.). This new meeting time will be a permanent change, but the location is temporary until we find a more permanent office space to hold our meetings. We will continue to hold our meetings in inclement weather and on holidays if the library is open. Should the library be closed on one of our regular meeting dates, (such as in November 2019 due to Veteran's Day) we will give you advance notice of alternative arrangements as far ahead of time as possible



via email and in our newsletters (along with a text reminder if you choose to opt in to our text message service) so please be sure you are on our email list (you can subscribe to our emails and text messages on our website <http://www.swmetrodenversos.org>).

Free childcare will be available at our December meeting for children under 12 years old. *Unfortunately, we cannot provide childcare at our new location so beginning in January there will no longer be childcare available during our meetings.* We are searching for a location that will have facilities that can accommodate children if possible. Sorry for any inconvenience this may cause.

Finally, we would also like to acknowledge that 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. (We greatly appreciate their permission for us to use their space!)

Handling Special Occasions

By the American Foundation for Suicide Prevention

Originally published on October 17, 2018: <http://bit.ly/afsp-special>

Special occasions, such as holidays, birthdays, and anniversaries can be difficult for many individuals, including those who have been impacted by suicide. Here are some tips for those who are having difficulty with these days. Consider Whether Usual

Traditions May Be Comforting or Challenging

Some people find comfort in keeping their usual traditions but adapting them in some way, while others cannot imagine carrying on with their usual traditions. There is no right or wrong here — just what works for you. It is okay to take a year off from your usual traditions and decide next year if you will resume them.

Keep Traditions, or Start New Ones

If holding to longstanding traditions proves too painful, consider developing new family traditions. For example, if you used to cook holiday meals, make dinner into a potluck instead.



Anticipating the Event Can Be Harder than the Event Itself

Know that worrying about the event in the time leading up to the event is often more difficult than the event itself. Feeling anxious about a coming event does not mean the event itself will be difficult. It may be helpful to let supportive people in your life know that you are concerned about how the day will be, so they can help you figure out what may be most helpful to you.

Communicate Your Needs in Advance

Friends and family often want to be helpful but may need to be told what they need to do to be supportive. If you find it comfortable to talk about your loved one, or would rather grieve in a private way, talk openly with them in advance so that everyone knows what to expect. Ask them to check in with you throughout the day, if needed, and to take care of tasks that will help to reduce your stress levels.

Take a Break If Needed

If the event proves to be too much, talk a short walk. Make sure you have a way to leave early if you need to. Sometimes having an exit strategy can make you feel more at ease, whether you need to use it or not. If you do, communicate it to someone supportive so they know that you are okay and just in need of a break. If you are not feeling okay, it may be better to find someone to talk with privately to decide whether leaving the event would be most helpful. You may also identify someone you can call from the event if you need to and let them know in advance you may call them if you are having a hard time.

Consider Traveling

If you have friends or family living in a different city, consider visiting them — a change in scenery might be helpful. Some people find planning a trip or travel gives them something else to focus on than the date itself.

Volunteering is a Great Way to Heal

Look online for volunteering opportunities in your area. Many people find meaning in helping others, and it's a great way to honor your loved one or to acknowledge an important date.

Sometimes Special Occasions are Just Difficult

Even without the loss of a loved one, occasions like holidays can be stressful. Do the best you can, and remember that healing takes time, and the experience is different for everyone. How you feel this year may not be how you feel in future years — take it one occasion at a time.

Take Care of Yourself

Get enough sleep, eat well, drink plenty of water, refrain from or limit alcohol intake, and practice healthy self-care. Getting a regular form of exercise, or using activities like yoga and meditation, may help to reduce your stress during this difficult time. Engage in activities that feel restorative to you.

UPCOMING EVENTS:

Suicide Intervention Skills Gatekeeper Training Workshop

Saturday, January 26th, 2019, 2:00 pm – 4:00 pm

Wednesday, February 13th, 2019, 6:30 pm – 8:30 pm

Sheridan Public Library's Theresa Dando Meeting Room* – 3425 W Oxford Ave., Denver

To register, visit: www.denverqprtraining.com

Cost: \$25.00



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 \$25.00 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. The workshops are taught by SW Metro Denver SOS Program Director Charlotte Tankersley. We would love for you to join us so make sure to register soon if you'd like to join us on either January 26th or February 6th! For more information please visit www.denverqprtraining.com or see the attached flyer (which includes a discount code for \$5 off your registration fee!).

Surviving After Suicide – 6-Week Suicide Bereavement Workshop

Fridays February 15th – March 22nd, 7:00 pm - 8:30 pm

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

Cost: \$25



Surviving After Suicide is a 6-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.

This workshop is facilitated by Southwest Metro Denver Survivors of Suicide's Program Manager Charlotte Tankersley. Please see the attached flyer for more information. To register, please contact Charlotte directly at 720.745.9252 or charlotte@theinnerlight.org.

52nd Annual American Association of Suicidology Conference

Wednesday April 24, 2019 – Saturday, April 27, 2019

Sheraton Denver Downtown, 1550 Court Place, Denver

Cost: TBD



The American Association of Suicidology's (AAS) 52nd annual conference is being held in Denver this year and there are always various training opportunities surrounding suicide prevention, intervention and postvention support, discussion panels on topics surrounding suicide, an opportunity to hear about the most recent research on suicide, and poster sessions held during this event. This year's conference theme is Converging Fields, Expanding Perspectives. More information about this year's conference will be available as the date approaches, but the conference is only held in Denver once every few years, so it is a great chance to attend it since it's here!

31st Annual American Association of Suicidology Healing After Suicide Loss Conference

Saturday, April 27, 2019

Sheraton Denver Downtown, 1550 Court Place, Denver

Cost: TBD



Directly following the AAS annual conference (see the previous event information for details) is the 31st annual Healing After Suicide Loss conference. The Healing After Suicide Loss Conference features national speakers as well as healing activities for survivors of suicide loss. All who have been affected by a suicide death, whether newly-bereaved or a long-time loss survivor are welcome to attend. There will be more information about this event coming soon.

♥ 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

East Metro HEARTBEAT

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

Southeast Littleton HEARTBEAT

Littleton Adventist Hospital
7700 S. Broadway, Littleton
720.328.9229

Longmont Suicide Survivors Support Group

Longmont Sr. Center
910 Longs Peak Ave., Room G, Longmont
970.978.6802

Parents Surviving Suicide

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

Surviving Your Spouse's Suicide

Southfield Park Towers Office Complex
12835 E. Arapahoe Rd., Tower 2, Suite 410, Centennial
303.548.2392

Boulder HEARTBEAT/Sibling HEARTBEAT

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

HEARTBEAT Survivors After Suicide CO Springs

East Methodist Church
1505 E. Monument St., Colorado Springs
719.596.2575

♥ 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). Compassionate Friends 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). This mutual support group, sponsored by The Hope Group, LLC, is

Remembering With Love

Is your loved one remembered in any special way during the holidays? Grief survival guides suggest that it is helpful and comforting for the bereaved to remember their loved one during the holidays through some act or gesture that is unique and personal and would have meaning for you and the person you have lost.

- ♥ Buy a special candle and keep it burning in remembrance of your loved one or have your family light advent candles as a special holiday remembrance.
- ♥ Invite a guest into your home; let the guest be someone who would otherwise be alone for the holiday.
- ♥ Adopt a needy family for the holidays.
- ♥ Donate time or money to a charity that would have meaning for you or your loved one. Some people have even involved themselves in community service where they help pack, serve or deliver Christmas dinners.
- ♥ Give, in memory of your loved one, a book or monetary donation to a survivors of suicide support group, the American Foundation for Suicide Prevention or the American Association for Suicidology. What better way to reach out to other suicide loss survivors?
- ♥ Place flowers in the church as a memorial, take flowers to the cemetery, or order a bouquet of flowers for your own home. One mother, as a living memorial, buys white poinsettias for her home.
- ♥ Have a living Christmas tree, which you later plant, as a part of your holiday remembrance. Place a bird feeder outside or have an outside Christmas tree strewn with bird "treats."
- ♥ Try donating a Christmas tree – decorated or undecorated, depending on the need – to a school, church, nursing home, hospital or other local organization in your loved one's honor.
- ♥ Help someone else decorate, especially someone who is unable to do so themselves. Run errands for a shut-in or do their holiday shopping.
- ♥ Decorate your loved one's grave with a grave cover or with a special tree (or both).
- ♥ If you do not skip Christmas cards, try signing yours "Joe, Betty, Bob, Amy, and in loving memory of Susan." Some families use preprinted cards and enclose the simple little funeral service card.
- ♥ Hold and dedicate a special at-home prayer service in memory of your loved one.
- ♥ Before or at your family gathering, have a moment of silence in memory of your loved one.
- ♥ Compile an album of your loved one's pictures and mementos and leave it on your coffee table to share with others to look at and spend time sharing favorite moments and stories with everyone.
- ♥ Make a Holiday Cheer Box for a family member or close friend who cannot be home for the holidays.

Adapted for suicide survivors from TCF Dallas I Chapter newsletter article with the same name.

facilitated by SW Metro Denver SOS Program Manager Charlotte Tankersley. Please contact Charlotte at 720.745.9252 or charlotte@theinnerlight.org with any questions.

Pathfinders – A 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 – 8:00 pm in the Sheridan Public Library, Study Room 2* (3425 W Oxford Ave., Denver) with additional social activities announced at the monthly meetings. This mutual support group, sponsored by The Hope Group, LLC, is facilitated by SW Metro Denver SOS Program Manager Charlotte Tankersley. Please contact Charlotte at 720.745.9252 or charlotte@theinnerlight.org with any questions.

♥ Online Resources for Suicide Prevention & Postvention Information and Support ♥

www.swdenversos.com - Our Website

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

www.coloradocrisisservices.org

<http://suicidepreventionlifeline.org>

www.suicidepreventioncolorado.org

www.thesecondwindfund.org

www.afsp.org

www.suicidology.org

www.nami.org

www.coloradodepressioncenter.org

www.theinnerlight.org/support (listing of The Hope

Group LLC's various support groups

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



If you or someone you know is in crisis:

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
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.
Wheat Ridge: Jefferson Center for Mental Health – 4643 Wadsworth Blvd.

OR **DIAL** 911.

Mark Your Calendars!

Next Month's Meeting:
7:00 pm – 8:30 pm Monday, Jan. 14th, 2018

Our 2019 meeting dates:

Jan 14 th	Feb 11 th	Mar 11 th	Apr 8 th
May 13 th	Jun 10 th	Jul 8 th	Aug 12 th
Sep 9 th	Oct 14 th	Nov 11 th	Dec 9 th

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, 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 we believe 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 struggle), religion or politics should not be things that further divide us as we grieve. We gather together as loss survivors – we are 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. 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 Hope Group, LLC, an organization dedicated to reducing Colorado suicide rates by providing peer support opportunities for all individuals impacted by suicide. Our meetings are open to all adult suicide loss survivors and are completely *free*—although donations are gratefully accepted! There is no need to call ahead or pre-register before attending, however you are always welcome to call us any time at 720.745.9252 with any questions or concerns you may have.

Southwest Metro Denver Survivors of Suicide meets from 7:00 pm – 8:30 pm on the 2nd Monday every month in the Meeting Room at Sheridan Library*. Sheridan Library is near the intersection of Federal Blvd. & Oxford Ave. ([3425 W. Oxford Ave.](#)) in Denver, CO. The Meeting Room is in the first hallway on your left by the vending machines before you enter the main library. We want you to know that we are here for you, and hope you will join us at our next meeting.

*The Hope Group, LLC is appreciative of the space that the Sheridan library provides for our meetings and workshops and wishes to acknowledge that 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.

