



June 2018

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:

Suicide: The Ripple Effect Documentary Screening Event

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

Mingle & Possible Fundraiser Event: 7:00 pm

Movie Introduction: 7:25

The Ripple Effect: 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* during National Suicide Prevention Week on Wednesday, September 12, 2018, at the River Point Stadium 14 in Englewood (Sheridan). *What is Suicide: The Ripple Effect? See a description of the film below!*

But this screening is **more than just a showing of the film**, we're making it **an event!** 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 for suicide attempt survivors, their families and those who have lost someone to suicide. You will also have an opportunity to purchase raffle tickets or to bid on some fantastic gift baskets and other items in a silent auction. Proceeds will benefit Southwest Metro Denver Survivors of Suicide and will go towards books and other items to include in welcome baskets for new members of our group and will also go towards the purchase of books that will be given to members of the Abiding Hope Church congregation (who sponsors our group) who have recently lost a loved one to suicide. After the movie, we will have a Q & A panel with local mental health professionals, religious leaders, suicide loss survivors and people who have survived their own suicide attempt(s). You definitely don't want to miss this event!



Tickets to the screening will be \$11.99. Currently, 39 more tickets need to be sold in order 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 which will also go towards the purchase of books which will go into the baskets for new members and to members of Abiding Hope. You can only make a financial donation to our group using the link provided for our sponsored screening and only after purchasing (or pre-ordering) a ticket for September 12th. Purchasing or pre-ordering tickets to another group's screening will not allow you to donate directly to our organization's fund. **Any donations made in this manner will be tax deductible**, but 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 to see you on the 12th of September!

About the film:

Suicide: The Ripple Effect is a feature-length documentary film focusing on the devastating effects of suicide and the tremendous positive ripple effects of advocacy, inspiration, and hope that is helping millions heal & stay alive. The 90-minute film highlights the journey of Kevin Hines, who at age 19, attempted to take his life by jumping from the Golden Gate Bridge. Today Kevin is a world-renowned mental health advocate, motivational speaker and author who travels the globe spreading a message of hope, recovery, and wellness.

The film chronicles Kevin's personal journey and the ripple effect it has on those who have been impacted by his suicide attempt and his life's work since. In addition, the film highlights the stories of individuals and families who are utilizing their personal tragedy to bring hope and healing to others.

Learn more about the film at the documentary's website: <http://suicidetherippleeffect.com>

Suicide Intervention Skills Gatekeeper Training Workshops

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

Tuesday, July 10, September 11, December 11, 6:30 pm – 8:30 pm

To register for July 10th's training, visit:

<https://abidinghope.ccbchurch.com/goto/forms/65/responses/new>

To register for Sept. 11th's & December 11th's training, visit: www.abidinghopeqprtraining.com

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 next training is only 3 weeks away!** The workshops are taught by SW Metro Denver SOS Facilitators Shirley Johnson and Charlotte Tankersley so make sure to register soon if you'd like to join us on July 10th. For more information please see the attached flyer, visit: <http://www.abidinghopeqprtraining.com>, or email info@abidinghopeqprtraining.com.

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 (registration opens in July)



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 not been released yet, but this family-friendly event usually includes a 5K timed run, followed by a short program, and a memorial dove release, then a 1.5-mile or 3-mile walk. This event also includes kids' activities, entertainment (they have some great bands and other local music groups that preform), a resource fair (we always have a booth there), a BBQ lunch, and a HUGE silent auction!

Don't forget to stop by the Southwest Metro Denver Survivors of Suicide booth at the resource fair to say hi to our group facilitators and volunteers! We love going to the walk to support Second Wind, and we would enjoy seeing you there as well. To find out more information about the walk please check out their walk page: <http://www.thesecondwindfund.org/node/174> as they will post more information as well as a link to register in early July!

All funds raised from the walk and silent auction benefit Second Wind Fund provides life-saving therapy to children and teens at risk of suicide. When a youth age 19 or younger is deemed at risk of suicide and a financial or social barrier to treatment is present, Second Wind Fund pays for up to 12 sessions of therapy from one of their specialized network providers.

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 training as well as support literature and other resources to our fellow loss survivors who are also at the event.

To join, make a donation to, or find and sponsor a member of Team Abiding Hope, please 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!

Or, find out more information about the walk as well as the other activities at the event, and to register as a walker please visit the AFSP Out of the Darkness Denver Metro Walk Website:

<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.

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

Other 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 or 303. 697.6984

Surviving Your Spouse's Suicide

7009 S. Potomac Suite 109, Centennial
303.353.9226

Parents Surviving Suicide

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

Boulder HEARTBEAT/Sibling HEARTBEAT

(They have a sibling group that meets as requested, please call for info)
Calvary Bible Church, 3245 Kalmia Avenue, Boulder
720.244.9052

Online Resources for Suicide Prevention & Postvention Information and Support

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

www.coloradocrisiservices.org <http://suicidepreventionlifeline.org>

www.suicidepreventioncolorado.org www.thesecondwindfund.org

www.afsp.org www.suicidology.org

www.nami.org www.coloradodepressioncenter.org

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

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 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 (unless you need childcare provided), 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. Let us know if you need us to have someone present to watch your children next month and we are happy to make that happen! Please call 720.515.6047 or email childcare@swdenversos.com before 5pm on the 2nd Monday of the month to let us know when you need us to arrange to have a caregiver present (and don't forget to please arrive by 6:45 pm to have time to check-in your children with our caring provider(s) before the meeting begins).

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](https://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.

Southwest Metro Survivors of Suicide Contact Information:

Main Phone Line:

720.515.6047

Website:

www.swdenversos.com

E-mail:

info@swdenversos.com

Southwest Metro Denver Survivors of Suicide Program Manager:

Charlotte Tankersley: 720.745.9252

Abiding Hope Church Health Ministry Team Leader:

Shirley Johnson: 303.507.6232

Facilitators:

Jeannine Honey: 303.716.3025

Ted Mershon: 303.977.3037



Our remaining 2018 meeting dates are: July 16th, August 20th*, Sept 17th, Oct 15th, Nov 19th, and December 17th.**

*****Please note that due to Family Promise being hosted at Abiding Hope in August, our August 20th meeting will be held in the Conference Room. Please enter through the church office door which is located at the front of the church. It is the door on the right marked Administration. The Conference Room will be down the hall on your right*****

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. „***•♥•***„
