



## ♥ CONTACT US ♥

### SW Metro Denver Survivors of Suicide

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..\*~\*~.. ♥ November 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 1<sup>st</sup>, 2<sup>nd</sup>, 5<sup>th</sup>, 10<sup>th</sup> 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. ♥

## Hope for the Thanksgiving Holiday

By Patti Cox

The holidays can be an especially difficult time of year for those who are grieving. When everyone around you seems happy and full of holiday cheer, you may want to just skip the holidays all together. The sights, sounds, and smells of the holiday season can be overwhelming and the period leading up to the holidays can actually be worse than the day itself.

Before Thanksgiving Day, think about what might be tough and plan, for example the "empty chair," should you keep it in place or remove it from the table all together? Should the oldest child or another family member sit there now? Should you set a place in honor of your loved one? There's no right or wrong answer, do what's best for you and your family.



Be realistic... Don't over schedule, you know yourself better than anyone. Set realistic goals and always have more than one plan. By having multiple plans – plan A, B and C – you can quickly move to the next plan if the previous one isn't working or becomes too difficult.

It's important to remember that you don't have to do things the way you've always done them. It may be a good time to start some new traditions, this doesn't mean you're going to lose the old traditions; you can always go back to them or incorporate them again when you're ready. Just because you've always put on a huge feast doesn't mean you have to this year, have everyone bring a dish, have another family member host Thanksgiving dinner, or go out to a restaurant this year.

Address the "elephant in the room," by acknowledging your loved one and including him or her in your gathering by lighting a candle, making a toast in his or her honor, or sharing favorite memories and funny stories about them. It may be difficult to start these conversations, but it will benefit everyone around you and help each of you heal a little bit at a time.

A wonderful new tradition is to cover the table with a plain table cloth, provide permanent markers for family members and guests to write what they're "thankful" for on the table cloth, a favorite memory or message to your loved one, and children can have fun by drawing pictures. Bring the tablecloth out at each holiday until it's full and then start a new one!

Remember to give "thanks" for what you had and what you still have... memories, love and feelings in our hearts can never be taken from us unless we let them. This year give thanks that the grief you feel is based on the enormous love you've shared!

Originally published Nov 2010 on <http://www.hellogrief.org/hope-for-the-thanksgiving-holiday/>

## UPCOMING EVENTS:

### International Survivors of Suicide Loss Day

**Saturday, November 17, 2018**

8:00 am – 12:00 pm Community Life Center, Cherry Creek Presbyterian Church, 10150 W Belleview, Greenwood Village

2:00 pm – 4:00 pm

Auditorium, Rocky Mtn. Regional VA Medical Center, 1700 N. Wheeling St., Aurora

To view previous Survivor Day Documentaries, visit: <https://tinyurl.com/y8vse7sr>

**Cost: FREE (donations welcome)**



**American  
Foundation  
for Suicide  
Prevention**



Survivor Day is the one day a year when people affected by suicide loss gather around the world at events in their local communities to find comfort and gain understanding as they share stories of healing and hope.

On Saturday, November 17, 2018, loss survivors will gather around the globe in small and large events while growing together in their grief journey.

Each event is unique and offers various programming, however each event site will feature an AFSP produced documentary that offers a message of growth, resilience and connection.

Several events are being held in the Denver-metro area. To locate the one closest to you, visit: <https://afsp.org/find-support/ive-lost-someone/survivor-day/find-a-survivor-day-event/>

## ♥ 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

### **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



**Southeast Littleton HEARTBEAT**

Littleton Adventist Hospital  
7700 S. Broadway, Littleton  
720.328.9229

**Boulder HEARTBEAT/Sibling HEARTBEAT**

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

**Longmont Suicide Survivors Support Group**

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

**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). Meets the 4<sup>th</sup> 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](mailto:charlotte@theinnerlight.org) with any questions.

**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](mailto: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 **2<sup>nd</sup> Thursday each month from 6:30 pm – 8:00 pm (please note the date/time correction)** in the Sheridan Public Library, Study Room 2 (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 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](mailto:charlotte@theinnerlight.org) with any questions.



## The Griever's Holiday Bill of Rights

by Bruce H. Conely

You have the right to say, "TIME OUT!", anytime you need to. Time out to let up; blow off a little steam; step away from the bustle of events; have a "huddle" and start over.

You have a right to TELL IT LIKE IT IS. When people ask, "How are you...?", you have the right to tell them how you really feel, not just what they want to hear. You also have a right to say, "I'm fine", because the choice is yours.

You have the right to some, "BAH HUMBUG" DAYS. You don't have to put on a "happy face" for the benefit of others. You are not a bad person because you don't feel like smiling and cheering up others all day long. Accept your limitations, don't be afraid to ask for and accept help.

You have the right to DO THINGS DIFFERENTLY. There is no law that says you must always celebrate a special day in the same way. You can send fewer cards, or no cards at all! You can open gifts at someone else's house. You can put up special decorations or leave them in the box this year or have pizza instead of that traditional dinner. The list is endless.

You have the right to BE WHERE YOU WANT TO BE. Be at home or with friends; in any city or state you choose or have dinner at a restaurant instead of in the traditional place. Feel free to make changes or observe that special day in the usual way.

You have a right to SOME FUN! When you have a day that isn't so bad, and you feel like doing something just for fun, then do it! Don't be afraid of what other people will say if they see you laughing and having a good time. Laughter is every bit as important, and healing, as tears!

You have a right to CHANGE DIRECTION IN MIDSTREAM. Grief is unpredictable. You may be all ready to go somewhere or do something and suddenly feel overwhelmed. When that happens, it's okay to change your mind. There are plenty of times in life to be predictable, so exercise your right to change your mind when you need to.

You have a right to DO THINGS AT DIFFERENT TIMES. Worship at a different service time or even at a different church/synagogue.

Open special gifts at a different time or place.  
Serve your meal at a different hour.  
Give up and go to bed at a different time.  
Don't be a slave to tradition's clock!

You have a right to REST, PEACE AND SOLITUDE. You don't need to be busy all of the time. Take a nap whenever you need one. Take time to pray and to meditate, to recharge your spirit. It may do you much more good than eating another huge meal.

You have the right TO DO IT ALL DIFFERENT NEXT TIME. Just because you change things one year, doesn't mean you have written it in stone. Next year you can change it back or do it in yet another way.

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

[www.swdenversos.com](http://www.swdenversos.com) - Our Website

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

[www.coloradocrisisservices.org](http://www.coloradocrisisservices.org)

<http://suicidepreventionlifeline.org>

[www.suicidepreventioncolorado.org](http://www.suicidepreventioncolorado.org)

[www.thesecondwindfund.org](http://www.thesecondwindfund.org)

[www.afsp.org](http://www.afsp.org)

[www.suicidology.org](http://www.suicidology.org)

[www.nami.org](http://www.nami.org)

[www.coloradodepressioncenter.org](http://www.coloradodepressioncenter.org)

[www.allianceofhope.org](http://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: 84<sup>th</sup> Ave. Neighborhood Health Center – 2551 W. 84<sup>th</sup> Ave.

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

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 18thgather 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 healing. **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](mailto:childcare@swdenversos.com).

**Southwest Metro Denver Survivors of Suicide meets from 7:00 pm – 8:30 pm on the 3<sup>rd</sup> 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.



## Mark Your Calendars!

### Next Month’s Meeting:

**7:00 pm – 8:30 pm Monday, Dec. 17<sup>th</sup>, 2018**

### Our 2019 meeting dates:

Jan 21 <sup>st</sup>	Feb 18 <sup>th</sup>	Mar 18 <sup>th</sup>
Apr 15 <sup>th</sup>	May 20 <sup>th</sup>	Jun 17 <sup>th</sup>
July 15 <sup>th</sup>	Aug 19 <sup>th</sup>	Sep 16 <sup>th</sup>
Oct 21 <sup>st</sup>	Nov 18 <sup>th</sup>	Dec 16 <sup>th</sup>

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



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

