



September 2018

♥ CONTACT US ♥

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:

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 this Saturday, September 22nd, 2018! Walk 2.9 miles (7 laps!) with over 3,000 other walkers around the concourse at Coors Field to raise awareness and funds to help the American Foundation for Suicide Prevention. AFSP uses these funds to invest in research, create educational programs, advocate for public policy and support suicide loss survivors in Colorado and across the country.

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 Charlotte Tankersley and Shirley Johnson provide throughout the year, 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 Saturday September 22nd too!

To find out more information about the Out of the Darkness Denver Metro Community walk and other activities at the event, and/or to register as a walker please 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 Southwest Metro Denver Survivors of Suicide's Program Manager Charlotte Tankersley. See attached flyer for more information. To register, please contact Charlotte directly at 720.745.9252 or charlotte@theinnerlight.org.

Suicide: The Ripple Effect Documentary Screening Event

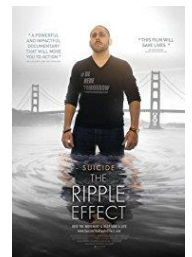
Tuesday, October 2, 2018 7:30 – 9:00 pm

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

To pre-order your tickets, visit: <https://gathr.us/screening/24077>

Cost \$14.50

If you missed Southwest Metro Denver Survivors of Suicide's screening of Suicide: The Ripple Effect during National Suicide Prevention Week (which was a huge success by the way so thank you everyone 😊), there is another showing being hosted by Coleen Stout on Tuesday, October 2, 2018, at the River Point Stadium 14 in Englewood (Sheridan) at 7:30 pm! There isn't going to be a Q&A after the screening or a meet and mingle beforehand, but you can view the film (which is really, really, fantastic!) *Learn more about the documentary at the film's website:* <http://suicidetherippleeffect.com>.



Tickets to the film are \$14.50. *Currently, 37 more tickets need to be sold before Saturday September 22nd for the screening to take place, so please purchase your tickets ASAP if you plan on attending!*

International Survivors of Suicide Loss Day

Saturday, November 17, 2018

To find a local event, visit: <https://afsp.org/find-support/ive-lost-someone/survivor-day/find-a-survivor-day-event/>

To view previous Survivor Day Documentaries, visit: <https://afsp.org/find-support/ive-lost-someone/survivor-day/survivor-day-documentaries/>

Cost: Varies (most are usually free)



**American
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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

Southeast Littleton HEARTBEAT

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

Parents Surviving Suicide

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

Surviving Your Spouse's Suicide

7009 S. Potomac Suite 109, Centennial
303.353.9226

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 (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 with any questions.

Online Resources for Suicide Prevention & Postvention Information and Support:

www.swdenversos.com - Our Website

www.coloradocrisisservices.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

Next Month’s Meeting:

7:00 pm – 8:30 pm Monday, October 15th, 2018

Our remaining 2018 meetings:

Nov. 19th, and Dec. 17th

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](#)) 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.

Suggested Reading

The following is a list of books that some of our members have found helpful in their healing journey. Some of these resources are available to borrow from our lending library, so please don’t forget to check out this free resource available to you at our next meeting. (And please don’t forget to return the books when you’re done reading them so other members have a chance to read them too!)

Silent Grief: Living in the Wake of Suicide

Christopher Lukas and Henry M. Seiden, Ph.D., Jessica Kingsley Publishers, 2007 (revised edition).

As they explore common experiences of bereavement, grief reactions, and various ways of coping, the authors emphasize the importance of sharing one’s experience of “survival” with others. They encourage loss survivors to overcome the stigma or shame associated with suicide and to seek outside support.

Suicide Survivors' Handbook

Trudy Carlson, Benline Press, 2000 (expanded edition).

Providing specific suggestions and practical advice from other survivors, the author addresses the following questions: Why? What about shame and guilt? How long does the pain last? What helps? How do you deal with others?

Survivors of Suicide

Rita Robinson and Phyllis Hart, New Page Books, 2001.

A compilation of advice and loss survivor stories.

Voices of Healing and Hope: Conversations on Grief after Suicide

Iris Bolton, Bolton Press Atlanta, 2017. (Includes DVD of interviews.)

Through an informal survey of family members impacted by suicide, Iris Bolton, author of *My Son... My Son: A Guide to Healing after Death, Loss, or Suicide*, identified eight issues that were among the most difficult for suicide loss survivors to cope with: why, guilt, shame, anger, pain, fear, depression, and faith. This poignant book includes the stories of more than twenty-five loss survivors as they relate to these challenges.

Why Suicide? Questions and Answers about Suicide, Suicide Prevention, and Coping with the Suicide of Someone You Know

Eric Marcus, HarperOne, 2010 (revised edition).

Eric Marcus, who lost both his father and sister-in-law to suicide, addresses the myriad questions with which loss survivors are inevitably left in the wake of a loved one's suicide. The Q&A format is accessible, informative, and reassuring.

My Son... My Son: A Guide to Healing after Death, Loss or Suicide

Iris Bolton and Curtis Mitchell, Bolton Press Atlanta, 1983.

Author Iris Bolton recounts the loss of her twenty-year-old son to suicide and provides advice for others who have experienced a similarly devastating loss. She explores the stigma of suicide loss, feelings of having failed as a parent, and ways to heal.

No Time to Say Goodbye: Surviving the Suicide of a Loved One

Carla Fine, Broadway Books, 1999.

Drawing on the experience of losing her husband to suicide and subsequent interviews with scores of suicide loss survivors, as well as the expertise of counselors and

mental health professionals, Carla Fine provides invaluable guidance to the families and friends who are left behind in the aftermath of a suicide.

But I Didn't Say Goodbye: For Parents and Professionals Helping Child Suicide Survivors

Barbara Rubel, Griefwork Center, 2000.

Narrated by a child, this book is intended for adults to read and then share with children.

Men Don't Cry... Women Do: Transcending Gender Stereotypes of Grief

Terry L. Martin and Kenneth J. Doka, Routledge Taylor & Francis Group, 2000.

Part of Robert Neimeyer's "Death, Dying, and Bereavement Series," this book is best suited for mental health professionals and others interested in exploring the theoretical and clinical aspects of gender-typical grief. While not specific to suicide loss, the book addresses the impact of socialization and culture on how individuals experience loss.

Suicide and Its Aftermath: Understanding and Counseling the Survivors

Edward Dunne, John McIntosh, and Karen Dunne-Maxim (Eds.), W.W. Norton, 1987.

This compilation of articles and essays captures many aspects of the experience of surviving a suicide loss. Although written by and for professional counselors, its readable style makes the book appropriate for the general public as well.

Night Falls Fast: Understanding Suicide

Kay Redfield Jamison, Ph.D., Alfred A. Knopf, 1999.

Kay Redfield Jamison's in-depth psychological and scientific exploration of suicide traces the network of reasons underlying suicide, including the factors that interact to cause suicide, and outlines the evolving treatments available through modern medicine.

Why People Die by Suicide

Thomas Joiner, Ph.D., Harvard University Press, 2005.

Drawing on extensive clinical and epidemiological evidence, as well as personal experience, the author, who lost his father to suicide, identifies three factors that mark those most at risk of considering, attempting, or dying by suicide.

Finding Peace Without All the Pieces

LaRita Archibald, BookBaby, 2012.

In "Finding Peace Without All The Pieces" the author helps the reader place the puzzling pieces of their own loss into a mosaic that brings hope and healing just by reading it. Using lessons learned from decades of work with suicide bereaved the author helps survivors of

suicide loss and their care providers have a framework for understanding the complexities of suicide grief and the reassurance that what they are experiencing is normal for what they have experienced.

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.

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