



♥ CONTACT US ♥

SW Metro Denver Survivors of Suicide

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Meeting Location: Sheridan Library Meeting Room*
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Facebook: www.facebook.com/swmetrodenversos
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♥ January 2019 ♥

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. ♥

Elevating the Conversation: Can you help?

Dear Friends and Fellow Loss Survivors,

We are currently seeking donations so our parent organization, The Hope Group, LLC can attend this year's 6th annual Elevating the Conversation conference being held on February 15, 2019. This conference is an opportunity for our facilitators to receive additional training on helping suicidal individuals as well as an opportunity for the organization to connect with licensed mental health professionals, local behavioral health facilities, community-based organizations and other mental health advocates to share with them information about our peer-support groups (like Southwest Metro Denver Survivors of Suicide) enabling them to connect suicidal and bereaved individuals and families with the safe-spaces we provide to meet with others who have gone through similar losses or life-experiences.



"Once you have walked down the grief path, what you have gained on your journey may turn into invaluable advice for someone else." - Elizabeth Berrien

Your support is greatly appreciated as we launch this financial campaign. Our initial goal is \$500.00 which is the cost of the conference registration for organizations. *Any amount received above and beyond this \$500.00 will go towards our larger goal of becoming a 501(c)(3) organization. Becoming a nonprofit will enable us to accept tax free donations and allow us apply for government and non-government funded grants to help assist us in covering our operating costs including advertising and facility fees, childcare costs, new program development, expand our lending library, increase the number of groups we offer and cover the expenses to run our 6 - 7 week grief groups to continue to keep these groups at a low/no cost to participants.*

If you have already contributed to this financial campaign, please let me take a moment to say THANK YOU so much! If you haven't donated yet, and if it is within your means, please consider doing so. (And every little bit helps! Even \$5 makes a big difference to us, so if you can skip a trip to Starbucks to help us out, we'd really appreciate it!)

Donations can be made here: <http://bit.ly/donate-sos>. More information about the conference we'd like to attend can be found here: <http://elevatetheconvo.com>. **If you are unable to donate, please consider sharing the link to the campaign with your family and friends as well as sharing the campaign on your social media**, as maybe one or more of them would consider helping support our goal of attending the conference and/or becoming a 501(c)(3) organization. Thank you so much for your consideration!

Blessings,
Charlotte Tankersley
Program Manager, Southwest Metro Denver Survivors of Suicide



UPCOMING EVENTS:

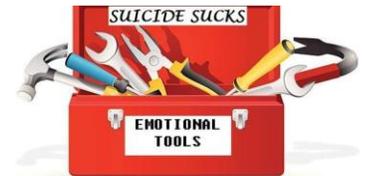
Suicide Sucks...What Now? How do we as survivors deal with the new normal? A Free Emotional Tools Workshop

Friday, January 11th, 2019, 6:00 pm – 8:00 pm

Healing Heart Center of Littleton – 5808 S Rapp St Ste. 155, Littleton, CO

To register, visit: <http://bit.ly/suicidesuckstoolbox>

Cost: Free (Love Offerings welcomed & appreciated)



Suicide sucks. As all of us who have experienced a loss know, there's no other way to put it. Now that we've experienced a loss, how can we begin to put back together the pieces of our lives? Join fellow suicide loss survivor and certified Grief Recovery Specialist Laurie Freeman in this two-hour workshop, Suicide Sucks...What Now? How do we as survivors deal with the new normal? and explore the "Why?", emotions such as anger, guilt, fear, etc., the stigma surrounding suicide, the silent grief that accompanies a suicide death and more as we learn to deal with the aftermath of a suicide loss.

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

Saturday, March 16th, 2019, 2:30 pm – 4:30 pm

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

To register, visit: www.denverqprtraining.com

Cost: \$25.00



"May you never forget what is worth remembering, nor ever remember what is best forgotten." - Irish Blessing

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 Southwest Metro Denver Survivors of Suicide Program Director Charlotte Tankersley. We would love for you to join us so make sure to register soon before the workshops fill up as the number of spots is limited! For more information please visit www.denverqprtraining.com. (Use the special discount code **SWMETDENSOS** when registering to receive \$5 off your registration fee!)

Teens Overcoming Grief After Suicide

Wednesday, February 6, 2019

Sheridan Library Conference Room, 3425 W. Oxford Ave., Denver, CO

Cost: Free

Teens Overcoming Grief After Suicide is a free support group run by The Hope Group, LLC specifically for teens 13-18 who have lost a loved one to suicide. Structured similarly to Southwest Metro Denver Survivor of Suicide meetings, teens can gather together with others who are the same age to share their experiences and learn coping skills after the loss of a family member or friend.

6th Annual Elevating the Conversation Conference

Friday, February 15, 2019

CU Anschutz Medical Campus, 13001 E. 17th Pl., Aurora, CO

Cost: \$100 before Jan 11th / \$125 after

The Elevating the Conversation is an annual conference presented by a Colorado-based collaboration created for the purpose of sharing best practices in mental health treatment, suicide prevention, and intervention through resources, training and advocacy. This year’s conference theme is Helping Suicidal Clients: A Clinical Toolbox with guest speaker Dr. Stacey Freedenthal, a leading clinician in the field of suicide prevention and who is also a suicide loss and attempt survivor. With 4 clear learning objectives specific to each workshop (which are clearly laid out on the website, it is sure to be a day full of learning useful skills for helping suicidal individuals. More information about the conference, as well as an opportunity to register can be found on the conference website at: www.elevatetheconvo.com

52nd Annual American Association of Suicidology Conference

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

Sheraton Denver Downtown, 1550 Court Place, Denver, CO

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! Additional information and registration information will be available at the conference website <https://www.suicidology.org/Annual-Conference/52nd-Annual-Conference> soon.



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

Saturday, April 27, 2019

Sheraton Denver Downtown, 1550 Court Place, Denver, CO

Cost: TBD

“Grief lasts longer than sympathy, which is one of the tragedies of the grieving.” - Elizabeth McCracken



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. Additional information and information about registration will be available at the conference website <https://www.suicidology.org/Annual-Conference/31st-Annual-Healing-Conference> 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 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.

"The closest bonds we will ever know are bonds of grief. The deepest community one of sorrow."

- Cormac McCarthy, All the Pretty Horses

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.

Teens Surviving, Striving & Thriving – A peer support group for teen suicide attempt survivors and teens with ongoing suicidal thoughts. This support group run by Southwest Metro Denver Survivors of Suicide Program Manager and Founder of The Hope Group, LLC, Charlotte Tankersley who is a suicide attempt survivor and trained support group facilitator who has been running support groups for over 7 years and is trained to work with teens. Like the group for adult suicide survivors, Hope After an Attempt offers teen suicide attempt survivors 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. Hope After an Attempt for Teens meets the first Monday each month in the Conference Room at the Sheridan Library* (3425 W. Oxford Ave., Denver). Please contact Charlotte Tankersley at 720.745.9252 or charlotte@theinnerlight.org with any questions.

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

www.swmetrodenversos.com - Our Website
www.facebook.com/swmetrodenversos - Our Facebook
www.theinnerlight.org - The Hope Group's Website
www.coloradocrisisservices.org
www.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)

Mark Your Calendars!

Next Month's Meeting:

7:00 pm – 8:30 pm Monday, Feb 11th, 2018

Our Remaining 2019 meeting dates:

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

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 "HOPE" to 741-741,

"Grief sucks." - Everyone Ever

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.

New Year's Resolutions for Grievers

(Originally posted on www.whatsyourgrief.com)



Resolve To:

1. Go easy on yourself: This may sound obvious, or even cliché, but it is easier said than done. Don't place expectations on yourself that you may not be able to live up to. Whenever possible, try not to set timetables on when elements of your life (like work or other activities) will be back to 'normal'. Don't put pressure on yourself or allow others to pressure you into feeling like you should be 'over' the loss.

2. Spend time with people you like: Life after grief can be isolating. Resolve to spend at least a little time in the first half of this year with people who make you feel happy and well supported. You may want to choose individuals who have experienced the same loss or you may want to spend time with people far removed from the loss. You may want to distance yourself from those who have not been helpful or supportive. Think about what you need – an escape, the absence of judgement, people who are fun, people who understand, or people who remember your loved one – and then plan accordingly.

3. Engage in one hobby or activity that makes you feel good: I will stop short of preaching about the importance of exercise. I think we hear a lot about exercise resolutions and frankly, you may not be in the mood. However, I will say that exercise does wonders for your mental and physical health, so if the hobby you chose involves physical activity then 10 bonus points for you. Any hobby that you find enjoyable can be beneficial to your mental health. Hobbies can provide us with all the following:

- An escape
- An outlet for negative energy
- A means for getting together with other people
- An excuse to have alone time
- Feelings of accomplishment, productivity, and fulfillment

Journaling and writing are excellent hobbies for grievers, as are hobbies involving self-expression (like art and photography).

4. Be honest about how you feel: Around 3 to 6 months after a loss many people feel compelled to start putting on a 'happy face' for ourselves, our families, and our friends. We may just want people to start treating us normally. Or we're worried that if we keep talking about the death, we will alienate those around us. Perhaps we so desperately want to be okay again that we try to fool ourselves. Over time though all this pretending can become stressful.

I understand there are reasons why you may not want to tell your co-worker or your cashier at Walmart how your day is really going but finding ways to express your real feelings can be beneficial. This could mean answering honestly when a trusted friend asks how you're doing or joining a support group where talking about grief is commonplace. If you are really private, journaling might be the answer. Whatever it is, find a place where you can express your true feelings. It will ultimately do wonders for your understanding of yourself and your emotions.

"May the beauty of the flowers remind us of the beauty of our loved one's spirit" - Steve Butler, We Do Remember You

5. Speak your loved one's name: Keep speaking your loved one's name. Remember them at holidays with family and friends, write about them in e-mails or letters, recount stories. It can make you feel much closer to those who are no longer here.

6. Live in a way your loved one would have wanted: Have you ever seen the movie 'Up'? Right, I know it's a kid's movie, but it has some very grown up concepts. In a nutshell, Carl and his wife Ellie dream of going to a lost land in South America. They save throughout their entire marriage, placing coins in a jar here and there. But then life gets in the way and they keep having to spend their money on things like car repairs. After 70 years, Ellie dies, and Carl remembers the promise he made to her to go to this lost land. That's when he ties like a million balloons to his house and the adventure begins. Guys, seriously, it's the best.

But anyway...be Carl!!! Think of one thing that your loved one would have wanted for you or a dream you both had, and then find a way to make it happen. This resolution may take work and/or savings, but it will feel great to carry out a dream or a desire that started with your loved one. Think creatively, maybe your husband would have wanted you to have a companion, so you get a puppy. Maybe your Disney vacation savings was wiped out after months of cancer treatments. Get the jar back out and start saving again.

7. Support someone else: While you may still feel completely raw, when you are ready you can look for ways to support others who are grieving. For some, just knowing there are other people who have experienced similar losses is helpful. Try going to a support group; offer support and suggestions to others in online support forums, blogs, or social media sites; or send a card to someone in the community who has recently been through a loss. Grief changes us forever. You may eventually find that it has given you wisdom, strength, and insight; share these gifts with others in need. Please keep in mind, everyone grieves differently. Remember their experience may not be the same as yours, and what helped you may not be helpful to them. If you are further out from your loss and thinking about this as a resolution, you may want to check out our post about [supporting others](#).

9. Seek professional help: There may be a point when you decide you need some extra help. A loss can have a profound effect on the health of an individual, marriages, and families. You may decide that you want to sit down with a therapist, either by yourself or with members of your family. You should absolutely give yourself permission to do this! If you have questions about the logistics of getting help, check out our post on getting [professional grief support](#).

These suggestions are just to get you thinking. Hopefully one resonates but depending on how long ago you experienced a loss you may not find this list is right for you. If that is the case, take some time thinking about any specific things you may have been avoiding or putting off. These are often items that need attention and making them your resolution may be just the kick in the pants you need to get them done.

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

"If you keep your heart open through everything, your pain can become your greatest ally in your life's search for love and wisdom." -Rumi

and are 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](tel: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.](https://www.google.com/maps/place/3425+W+Oxford+Ave,+Denver,+CO)) 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.

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

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

*"If there ever comes a day when we can't be together, keep me in your heart,
I'll stay there forever." - A.A. Milne, Winnie the Pooh*