

♥ CONTACT US ♥

**SW Metro Denver Survivors of Suicide**

Main Number: 720.745.9252  
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](http://www.swmetrodenversos.org)  
Facebook: [www.facebook.com/swmetrodenversos](http://www.facebook.com/swmetrodenversos)  
Email: [info@swmetrodenversos.org](mailto:info@swmetrodenversos.org)

Program Manager:  
Charlotte Tankersley: 720.745.9252 or  
[charlotte@theinnerlight.org](mailto:charlotte@theinnerlight.org)

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

♥ February 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 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. ♥

**Elevating the Conversation: Thank you for your help!**



Dear Friends and Fellow Loss Survivors,

THANK YOU!

Thanks to you and your generous support we were able to hit our goal and will be able to attend the conference on the 15<sup>th</sup> of February! We raised enough funds to be able to host a booth at this year's Elevating the Conversation conference and so we will be able to let people know about The Hope Group and the 5 different support groups that our organization has to offer the community including Southwest Metro Denver Survivors of Suicide.

The mission of The Hope Group is to help reduce the Colorado suicide rate through peer support groups and suicide prevention education, and you've helped us by allowing us to spread the word to therapists, local residential treatment facilities and other community organizations so they can tell their

clients and other providers in our area about our services and we are most grateful for your support!

Our next goal is to raise funds to become a 501(c)(3) organization so donations will be tax deductible and so we can apply for federal and state grant funding then we can expand our programming and continue to offer our services free of charge to the community (as well as find a permanent office location for our meetings. We are excited about what the future holds for Southwest Metro Denver Survivors of Suicide and The Hope Group and we look forward to what the rest of 2019 may bring.

Blessings,  
Charlotte Tankersley  
Program Manager, Southwest Metro Denver Survivors of Suicide  
Founder, The Hope Group

## UPCOMING EVENTS:

### Suicide Intervention Skills Gatekeeper Training Workshop

*Saturday, January 26<sup>th</sup>, 2019, 2:00 pm – 4:00 pm*

*Wednesday, February 13<sup>th</sup>, 2019, 6:30 pm – 8:30 pm*

*Saturday, March 16<sup>th</sup>, 2019, 2:30 pm – 4:30 pm*

*Additional dates for the rest of the year are listed on [www.denverqprtraining.com](http://www.denverqprtraining.com)*

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

To register, visit: [www.denverqprtraining.com](http://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 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](http://www.denverqprtraining.com). (Use the special discount code **SWMETDENSOS** when registering to receive \$5 off your registration fee so the class is only \$20!)

### 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.



### 6<sup>th</sup> Annual Elevating the Conversation Conference

*Friday, February 15, 2019*

CU Anschutz Medical Campus, 13001 E. 17<sup>th</sup> Pl., Aurora, CO

Cost: \$125



*“Grief only exists where love lived first.” – Franchesca Cox*

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](http://www.elevatetheconvo.com)

## **Love Your Life Art Event**

**Monday, February 25, 2019**

Aurora Cultural Arts District, 1400 Dallas St, Aurora, CO

**Cost: Free**

Join Catalyst Collective in a free student art event and suicide prevention fundraiser! Featuring local, high school student artists who are eligible for scholarship awards, they will have live music and refreshment as the event which is open to the community! Parking will be available on site. Interested student artists and their families can e-mail Catalyst Collective directly at [catalystcollectivecolorado@gmail.com](mailto:catalystcollectivecolorado@gmail.com) for more info on participation in this event!



## **52<sup>nd</sup> Annual American Association of Suicidology Conference**

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

Sheraton Denver Downtown, 1550 Court Place, Denver, CO

**Cost: Varies, please see website for details**

The American Association of Suicidology's (AAS) 52<sup>nd</sup> 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 is now available and is available on our website, 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.



## **31<sup>st</sup> Annual American Association of Suicidology Healing After Suicide Loss Conference**

**Saturday, April 27, 2019**

Sheraton Denver Downtown, 1550 Court Place, Denver, CO

**Cost: \$50 before March 24<sup>th</sup> / \$60 after March 24<sup>th</sup>**

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 is more information included in this newsletter regarding available sessions and workshops but the experts speaking at the panel and workshops that are going to be offered are phenomenal. If you can go, it can be a great healing experience for many of you. Please check with SW Metro Denver SOS Program Manager Charlotte Tankersley via email at [charlotte@theinnerlight.org](mailto:charlotte@theinnerlight.org) or at (720) 745-9252 if you have any questions about what the day might look like or if you have any concerns about your readiness for attendance vs your stage in the healing process if you feel like you might not be ready and want to talk more about it. There also may be scholarships available if finances are an issue so if you need help with this, please let her know as well and she can get you in touch with the right person. Register online on the conference website: <https://www.suicidology.org/Annual-Conference/31st-Annual-Healing-Conference>



## **Suicide: The Ripple Effect Documentary Screening Event**

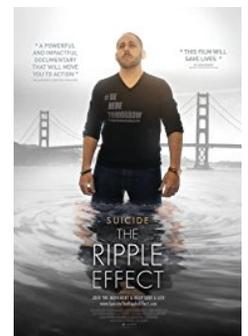
**Wednesday, May 8, 2019 7:30 – 9:00 pm**

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

To pre-order your tickets, visit: <https://gathr.us/screening/28048>

**Cost \$12.00**

Southwest Denver Metro Survivors of Suicide and The Hope Group are hosting a screening of Suicide: The Ripple Effect during Mental Health Awareness Monty on Wednesday, May



Southwest Metro Denver Survivors of Suicide

[720.745.9252](tel:720.745.9252)

<http://www.swmetrodenversos.org>

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8th, 2019, at the River Point Stadium 14 in Englewood (Sheridan). The film is a documentary of the story of Kevin Hines, who at the age of 19 attempted to take his own life by jumping from the Golden Gate Bridge. This film explores his journey to better understand the ripple effects his suicide attempt had on his family, friends, and the first responders who helped save him. He's also working to shine light on inspirational individuals, families, and organizations who are using personal pain to help others find the hope they need to heal. *Learn more about the film at the documentary's website: <http://suicidetherippleeffect.com>*

**Tickets to the film are \$12.00.** Currently, 39 more tickets need to be sold for the screening event to take place.

To pre-order tickets, visit: <https://gathr.us/screening/28048> If you have any questions regarding this event, please contact Charlotte Tankersley at (720) 745-9252 or [charlotte@theinnerlight.org](mailto:charlotte@theinnerlight.org)

## ♥ 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 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). 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](mailto:charlotte@theinnerlight.org) with any questions.

*"We need to grieve the ones we have loved and lost in this lifetime — not to sustain our connection to suffering, but to sustain our connection to love." – J. W.*

**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](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 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](mailto:charlotte@theinnerlight.org) with any questions.

**Mark Your Calendars!**

**Next Month’s Meeting:**

**7:00 pm – 8:30 pm Monday, March 11<sup>th</sup>, 2018**

**Our Remaining 2019 meeting dates:**

<b>Apr 8<sup>th</sup></b>	<b>Jun 10<sup>th</sup></b>	<b>Jul 8<sup>th</sup></b>
<b>Aug 12<sup>th</sup></b>	<b>Sep 9<sup>th</sup></b>	<b>Oct 14<sup>th</sup></b>
<b>Nov 11<sup>th</sup></b>	<b>Dec 9<sup>th</sup></b>	

**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](mailto:charlotte@theinnerlight.org) with any questions.

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

- [www.swmetrodenversos.com](http://www.swmetrodenversos.com) - Our Website
- [www.facebook.com/swmetrodenversos](https://www.facebook.com/swmetrodenversos) - Our Facebook
- [www.hope-group.org](http://www.hope-group.org) - The Hope Group’s NEW Website
- [www.coloradocrisisservices.org](http://www.coloradocrisisservices.org)
- [www.suicidepreventionlifeline.org](http://www.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)

*“Never. We never lose our loved ones. They accompany us; they don’t disappear from our lives. We are merely in different rooms.” – Paulo Coelho, *Aleph**

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## If you or someone you know is in crisis:

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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,

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.

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## From the Desk of Father Rubey....

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# LOVE

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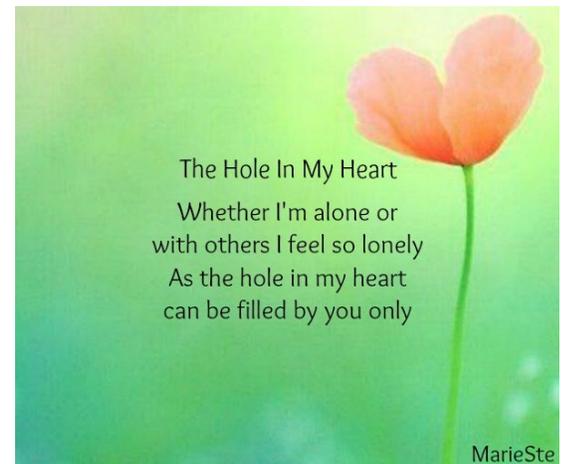
During this month we celebrate Valentine's Day, and this can be a very painful day for people grieving the loss of a loved one from suicide. The symbol for this day is the heart, which is a symbol for the love that people have for one another. If someone is grieving the death of a spouse, partner, fiancée, parent, child or anyone else for whom there is a bond of love, this is an especially painful day because there is not a Valentine's card from this special person. Survivors can feel betrayed because of the death from suicide.

Survivors often express that there was so much love between them and the loved one who completed suicide. Survivors query whether their love was not enough to satisfy the longings of this loved one. I don't think that this loved one completed suicide because they did not feel loved or that they did not love those who are left behind.

There is absolutely no connection between the love that existed between these people and the fact that someone completes suicide. The act of suicide is completely separated from love.

Suicide is all about the pain that this loved one was experiencing at one time in their life. People feel loved by the many acts of kindness that are showered on them by family and friends.

Unfortunately, the love that exists between people has limitations and one of those limitations is that this love is incapable of penetrating into an individual's soul and healing them from their inner pain. One question to be asked is whether love has the possibility of healing someone from the ravages of cancer? Someone who is in the final stages of cancer cannot be healed by the loved ones who are surrounding them trying to comfort them as they are making the transition from the here to the hereafter. Granted, there is sometimes a lot of time from the moment the cancer is discovered to the time when the cancer is in the final stages of ending this loved one's life. There may be time to make amends and say all of those things that need to be said before the person departs



from this life. The point is that all of the love in the world is not capable of healing this loved one from cancer. The illness takes its course and ends with the death of this loved one.

Mental illness progresses like any other type of illness. Sometimes those suffering from mental illness die from this disease. It catches survivors by surprise due to the fact that their loved one may never have expressed the depth of the pain that they were experiencing. This could have been due to the fact that those suffering souls might have been confused as to what was going on within their souls or their minds. They sought relief from their pain. They may have tried different tactics to relieve the pain that was engulfing them. Sometimes there can be respite from the pain and life may return to normal. Sometimes people suffering from mental illness seek the help of a professional such as a psychiatrist, psychologist or a clinical social worker. Medications might be prescribed and there may be relief from the pain. Sometimes there is success with such an intervention and the person can live a relatively normal life.

There are times when the pain returns and ravages the mind and soul of the person. The person struggles with this illness and with their lives. They are seeking an end to their pain. All along they are trying to live as normal a life as possible –going to work and interacting with family and friends and all of the other activities that go with life. They continue to be distracted by the pain of their illness. It keeps getting worse and more severe and there seems to be no end to the pain, until finally this suffering soul finds that the only way out of this pain is to end their life. Could the outcome have been different? Yes, it is very possible that the outcome could have been different if the person stayed the course of treatment or remained on the medication that was prescribed. However, there is no guarantee that the outcome would be different.

There are certain forms of mental illness that are so virulent that death is the only answer and the only respite. For those who complete suicide that was their view of their life. There was no intervention or treatment that was going to solve the pain or end the pain. For those suffering souls, death was the only answer to their pain. They wanted to rid their lives of this inexorable and excruciating pain. The love of their families and friends had no bearing on their decision to end their lives. It is all about the pain in their lives that would not let up. They literally could not bear another minute of their pain.

I recently read an inscription that was on a headstone in an Irish cemetery, “Death leaves a heartache no one can heal. Love leaves a memory that no one can steal.” I think that quote says it all. That is one of the reasons that I think rituals are so important during the grieving process. Rituals are ways to remember this loved one who found life too painful to be able to continue living. They were people who were loved deeply and are sorely missed. Their deaths had nothing to do with not being loved. Their deaths were a result of experiencing pain that was literally unbearable. They knew that they were loved by family and friends, but this love was incapable of being a conduit whereby their pain would be assuaged. With death they were freed from the pain that had imprisoned them and would continue to imprison them until they broke the bonds and were released of their torture by dying. Those who complete suicide had great love for their families and friends. Again, their suicide is not an indicator that they did not love those close to them. The love that they had for their loved ones was incapable of stamping out the pain that had ravaged their minds, souls and brains.

As we begin another year, I want to wish each and every one of the LOSS family the best in 2015. I also want to assure all of you of my thoughts and prayers on a daily basis during my quiet time and I encourage you to do the same for each other –especially for those people who have recently joined our family.

Keep On Keepin’ On,  
Rev. Charles T. Rubey

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Rev. Charles T. Rubey is the Founder and Director of Loving Outreach to Survivors of Suicide (LOSS) a non-denominational program offered by Catholic Charities of the Archdiocese of Chicago. Starting in 1979 with one small group, LOSS has grown to be a leader in the field of suicide grief, offering support groups and counseling for survivors of all ages, in and around metropolitan Chicago. “From the Desk of Father Rubey” appears as a monthly column in the LOSS newsletter.

Originally published Sunday February 1, 2015

<http://catholiccharities.net/GetHelp/OurServices/Counseling/Loss/NewslettersArticles.aspx>

*“To mourn your loss is required if you are to befriend the love you have been granted. To honor your grief is not self-destructive or harmful, it is life-sustaining and life-giving, and it ultimately leads you back to love again.  
In this way, love is both the cause and the antidote.” – Alan D. Wolfelt, Ph. D.*

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## ABOUT OUR GROUP

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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 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](mailto:info@swmetrodenversos.org), or contact our Program Manager, Charlotte Tankersley, directly at [720.745.9252](tel:720.745.9252) or [charlotte@theinnerlight.org](mailto:charlotte@theinnerlight.org).**

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

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*“When we lose someone we love, we must learn not to live without them, but to live with the love they left behind.” –Unknown*