

♥ 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

Facebook: www.facebook.com/swmetrodenversos

Email: info@swmetrodenversos.org

Program Manager:

Charlotte Tankersley: 720.745.9252 or
charlotte@theinnerlight.org

Facilitators:

Jeannine Honey: 303.716.3025

Shirley Johnson: 303.507.6252

Ted Mershon: 303.977.3037

♥ March 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: 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 went to the Elevating the Conversation conference on the 15th of February! We raised enough funds to be able to host a booth. We were able to let the attendees know about the Hope Group and our different support groups (we currently run five different groups to support individuals affected by suicide including Southwest Metro Denver Survivors of Suicide and its sister group for youth, Teens Overcoming Grief After 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 \$1,500.00 to become a 501(c)(3) organization so we will qualify to apply for federal and state grant funding to expand our programming and continue to offer our services for a low-cost – no cost to the community (we currently charge a nominal fee for our workshops to cover the costs of materials). We would also like this future grant funding to help us find a permanent meeting space, to update our website to make it more user friendly and to help us expand our services to include one-on-one support for loss and attempt survivors, to offer free childcare at our meetings, to further our ability to provide more educational services in the community, and to help us support loss survivors by providing flowers for funerals for those who cannot afford them.

If you would like to donate to help us fund this \$1500 goal, we have a GoFundMe campaign set up at <https://www.gofundme.com/the-hope-groups-financial-plea-to-be-a-501c3> (Please share this campaign link with everyone you know!). If you prefer to donate offline, you can mail a check made out to The Hope Group to PO Box 22, Littleton, CO 80160 (or give it to one of our facilitators at our next meeting). Find out more information about the breakdown of how your \$1500 would be spent at the GoFundMe link above. Your support is much appreciated as we work toward our goal of becoming an official non-profit organization! Thank you!

Blessings,

Charlotte Tankersley

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

UPCOMING EVENTS:

Suicide Intervention Skills Gatekeeper Training Workshop

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

Saturday, May 11th, 2019, 2:30 pm – 4:30 pm

Wednesday, June 12, 2019, 6:30 pm – 8:30 pm

Additional dates for the rest of the year are listed on www.denverqprtraining.com

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

To register, visit: 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 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, so the class is only \$20!)*

Teens Overcoming Grief After Suicide

(Wednesday, March 6, 2019, 6:00 pm – 7:30 pm)

Wednesday, April 3, 2019, 6:00 pm – 7:30 pm

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, specifically for teens 13-19 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 grief, experiences and learn coping skills after the loss of a family member, friend, neighbor, co-worker or another person of significance in their lives.



52nd 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) 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 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.



31st 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 24th / \$60 after March 24th

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 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

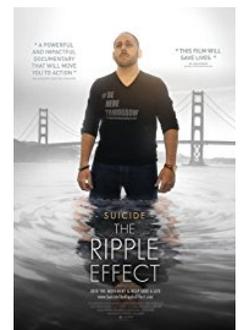
Wednesday, May 8, 2019, 7:30 – 9:00 pm

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 Month on Wednesday, May 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 a 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, 36 more tickets need to be sold for the screening event to take place.

We are also looking for donations for a few items for the screening event if you are interested in helping. Those items can be purchased off our Amazon wishlist here: <https://amzn.to/2TuukNo> Items will be sold at the event to help defray the costs of becoming a non-profit and to help fund our support groups to keep them free to attendees.

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

AFSP Denver Metro Hike for Hope

Sunday, June 16, 2019

Red Rocks Trading Post Trail – 17900 Trading Post Rd., Morrison, CO

Cost: Free (Fundraiser for CO Chapter of AFSP)



**American
Foundation
for Suicide
Prevention**

The AFSP Colorado Chapter Denver Metro Hike for Hope will take place on Father's Day - Sunday, June 16th at Red Rocks Trading Post in Morrison. Hike for Hope is a fundraising event to join together our community of survivors of loss and individuals with lived experience to help support AFSP's mission to save lives and bring hope to those affected by suicide. Money raised goes toward raising awareness, funding scientific research and providing resources and support to those affected by suicide. Please save the date and stay tuned for more details!

♥ 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.

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,

Meditation Moment

We invite you to consider this for a few quiet moments...

Your last memory of your lost loved one may be the closest memory – but that does not make it the most important memory. The most important memories are those of closeness, togetherness, shared laughter. It is both the milestone memories and the minute moments of connection. It's the ugly holiday sweater, the inside jokes, the shared smirks and smiles. It isn't how they died, it is how they lived. Remembering can be a peaceful communion, a sweet peace, a time to ask and listen. "The emotions that accompany any kind of loss can be intense and varied. A sense of shock or denial is often the first reaction, to be replaced by anger. Sometimes this anger can be directed at your loved one for "abandoning" you; at other times you may feel outrage toward the universe for what you are enduring. And while there are stages of grief that people go through - moving from denial to anger to bargaining to depression to acceptance - the cycles of grief often move in spirals, sometimes circling forward and then back again. You may even experience moments of strength, faith, and laughter in between. While these emotions seem to come and go sporadically, it is important to feel them, accept them, and allow them to flow. With time, patience, and compassion, you will eventually find your center again.

As we move through our grief, we may find ourselves reluctant to release our pain, fearing we are letting go of who or what we have lost. We may even regard our movement toward healing as an act of disloyalty or giving up. Know that while the hurt may fade, the essence of what you had and who you loved will have already transformed you and forever stay with you. If anything, once you are ready for the pain of your loss to subside, their memories can then live more fully within you. Remember, that healing is a part of the spiraling cycles of grief, and that in letting yourself feel restored again, you are surrendering to a natural movement that is part of the dance of life."

*-Excerpt from "The Cycle of Grief"
by Madison Taylor of DailyOM.com.*

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 seven 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 critical 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.hope-group.org - **The Hope Group's NEW 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)

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,

OR **VISIT** your local **24-Hour Denver-Metro walk-in Crisis Center:**

Mark Your Calendars!

Next Month's Meeting:

7:00 pm – 8:30 pm Monday, Apr 8th, 2018

Our Remaining 2019 meeting dates:

May 13th	Jun 10th	Jul 8th
Aug 12th	Sep 9th	Oct 14th
Nov 11th	Dec 9th	

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.

Grief: A Healthy Expression of Pain

By Gisela Luján

When our loved one dies, we feel pain. There is not a detour around the pain. The only way to overcome it is to pass through it. When our loved one dies, we grieve. Grief is the physical and psychological expression of pain.

Grieving is a very painful process and it can feel overwhelming. It is hard work and diminishes our energy, leaving us exhausted, without any desire to engage in our daily activities. Grief doesn't have a set timetable. Individuals grieve in different ways, and members of a grieving family often find it difficult to support one another.

Although it is accompanied by intense emotions, grief itself is not a feeling. It is a process that can take a lifetime, a slow journey towards acceptance and peace. Some people say grief is like a roller coaster. I believe it is true. When my daughter died, I was devastated. My life shattered and I had to force myself to get out of bed in the morning and engage in my daily routine. I consider myself a healthy person, but I thought I was losing my mind. My daughter's death not only impacted my life, but our family life too. It was very difficult to communicate, especially with my son, who was only 16 years old. For a whole year, we met with a therapist who helped us find new ways of communicating with our son, and understand that we are a family, heartbroken, but still a family.

I have always believed in the healing power of the written word, so I sought solace in literature and books about spirituality. Some days, when I had some energy, I went for walks; other days I lay in bed and cried my heart out. I believe what has helped me the most is that I have taken one step at a time. Time, hard work, and the awareness and acceptance of my pain have helped me reconnect with life again.

So be aware that this will be a long and difficult journey. Just when things begin to look better, the calendar slaps you with another reminder of your loss. Sometimes the pain will be deeper five years after the loss. As the Chinese proverb says, "We can't stop the birds from flying over our heads, but we can stop them from nesting in our hair."

Don't shut yourself down from the pain. The feelings you bury will not go away. They will hide below the surface for years to come, but sooner or later they will erupt without warning, in ways that can affect your physical and mental health.

HOW CAN YOU COPE WITH YOUR GRIEF?

Don't set any timetable for yourself. The physical and psychological impact of a loss will affect each person differently. Like any other psychological process, it will follow its own course and will depend on the beliefs, values and inner resources of each person at the time of the loss.

Allow yourself the time and space you need to grieve. Learn to say no to people who invade your privacy. Tell them to respect your need for solitude. Let them know when you are ready to establish contact with them again.

Praise yourself for each small step you take. Remember it can be two steps forward, three steps backward—it doesn't matter. What matters is that you are determined to walk through that dark and frightening tunnel, knowing there is a light at the end.

Use any resource you may have that can help you cope with grief: therapy, support groups, friends and family that are willing to listen to your story, prayers, literature, journaling, etc. There are no universal recipes. What works for some people, doesn't work for others.

You must understand that your loss will never go away. You learn to live with it. You incorporate your loss into your life. There will always be a hole in your heart, a void that cannot be filled because it belongs to your loved one. But slowly, as you walk the path of grief, you will start to reconnect with life again. You will fill your heart and soul with new experiences, with a new life. One day you will look at yourself and realize that you have walked a long way. You have walked the dark tunnel of grief and found the light at the end.

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 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 ..*.*.*.*.♥..*.*.*.*.