

♥ 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

♥ April 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. ♥

UPCOMING EVENTS:

Surviving After Suicide 7-week Suicide Bereavement Workshop

Fridays, May 17th, 2019 – Friday, June 28th, 2019, 7:00 pm – 9:00 pm

Location TBD

For more information or to register, please visit www.survivingaftersuicide.com

Cost: \$150.00



Surviving After Suicide is a 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.

The cost of the workshop is \$150.00 for the seven-week series and includes all materials, activities and light refreshments at each meeting. This workshop is facilitated by Southwest Metro Denver Survivors of Suicide's

facilitators Charlotte Tankersley & Shirley Johnson. Please see www.survivingaftersuicide.com for more information or to register. Contact Charlotte at 720.745.9252 or charlotte@theinnerlight.org with any questions.

Suicide Intervention Skills Gatekeeper Training Workshop

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!)

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 information



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: \$60



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. Register online on the conference website: <https://www.suicidology.org/Annual-Conference/31st-Annual-Healing-Conference>

Teens Overcoming Grief After Suicide

Wednesday, May 1, 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.



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

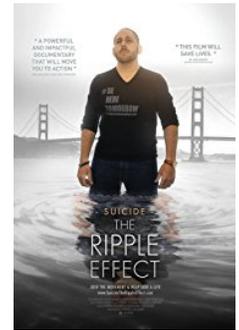
Southwest Denver Metro Survivors of Suicide and The Hope Group are hosting a screening of *Suicide: The Ripple Effect* during Mental Health Awareness Month on Wednesday, May 8th, 2019, at the River Point Stadium 14 in Englewood (Sheridan). The film is a documentary of the story of Kevin Hines, who at 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.

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 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!

Kindness Project Healing Art Session

Saturday, July 10th, 2019 2:00 pm – 4:00 pm

Sheridan Library Meeting Room – 3425 W. Oxford Ave., Denver, CO

Cost: Free



The Kindness Project began in 1996 as a way for families to honor their deceased child and to help themselves heal. Now, years later, almost 2,000,000 (yes, two million!) Kindness Project cards have been used around the world to perform random acts of kindness in memory of a child, parent, friend, or spouse who died before their time. The idea is to perform random acts of, usually anonymous, acts of kindness in your community. A little card is left behind so that the person who benefits from the kindness knows that someone's life and death continues to matter. This beautiful movement has helped thousands of families to heal and find positive outlets for their overwhelming grief.

This year Southwest Metro Denver Survivors of Suicide will be participating in The Kindness Project by passing out handmade bookmarks made in a workshop led by artist Marilyn Rae Nasky (www.mraenasky.art). Gather together with us on Saturday July 10th from 2:00 pm – 4:00 pm in this art workshop to learn how art can help us heal our grief. We will distribute these on July 27th to honor our loved ones as a little random act of kindness for others by passing out our newly made art in books across Denver (location TBD)!

Learn more about The Kindness Project and The MISSFoundation (it's sponsoring organization) here:

<https://missfoundation.org/support/kindness>.

♥ 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*. This mutual support group, sponsored by The Hope Group, 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, 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* with additional social activities announced at the monthly meetings. This mutual support group, sponsored by The Hope Group, 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. Teens Surviving, Striving and Thriving meet the Third Wednesday each month in the Conference Room at the Sheridan Library* from 6:00 pm – 7:30 pm. This mutual support group, sponsored by The Hope Group, 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.

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

www.swmetrodenversos.com - Our Website
www.facebook.com/swmetrodenversos - Our Facebook
www.hope-group.org – Our Organization’s Main 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:**

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.

Beyond Surviving: Things I Have Learned

By Cynthia Slider

I have learned compassion. My "old self" was so busy, I never really noticed others around me. Now I do. I even notice when strangers are unhappy. I feel for them and try to make the moment better for them, to bring them peace and comfort.

I've learned tolerance. Little things that used to seem so big to me, are now just a speck of dust. I've been through the worst event possible, so anything else should be a walk in the park. The ups and downs of everyday life, the disappointments when things don't go as planned – well, they just don't seem to matter anymore. Life goes on and I intend to live it to the fullest and not sweat the small stuff.

I've learned empathy. I can look into another person's eyes now, or read a post on the [Alliance of Hope forum](#), and feel the pain that person is feeling. Knowing how someone is hurting lets me offer comfort and caring.

I've learned to love. Without restriction, without rules, but with my whole heart and soul. I'm a much nicer person now than I was when my son died.

I've learned faith. It gets me through each day. The faith that all things happen for a reason, that there is a better place when life is over, and the faith that I will see not only my beautiful son again but all the others I have lost over the years as well.

I have learned these things because of my son, Josh. I miss him terribly, but I know I will see him again and I talk to him every day. I love him deeply, and I regret that he felt he had no option other than suicide. I understand the depth of his despair, and my heart aches with him.

Mark Your Calendars!

Next Month's Meeting:

7:00 pm – 8:30 pm Monday, May 13th, 2018

Our Remaining 2019 meeting dates:

| | | |
|----------------------------|----------------------------|----------------------------|
| Jun 10th | Jul 8th | Aug 12th |
| Sep 9th | Oct 14th | Nov 11th |
| | Dec 9th | |

For those just starting on this journey through grief, I hope this gives you hope. Life will go on, and if you learn from the experience, it will be a fulfilling and peaceful life again – just different from what you thought it would be before you lost your precious loved one.

Cynthia Slider lost her youngest son to suicide in 2001. She draws on that experience to support, console, and educate others. Cyndi co-founded the Columbiana County SOS support group. She lives in rural eastern Ohio with her husband.

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.](http://www.sheridanlibrary.org)) 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 ..**..♥..**..
