



♥ 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](tel:720.745.9252) or
charlotte@theinnerlight.org

Facilitators:

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

♥ May 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. ♥

Please note: **Due to problems reserving the meeting room at the library, June's meeting will be held in the Conference Room at the library** (enter into the main library doors, through to the back of the library, it is next to the teen center, all the way in the back of the main library). **Our meeting will also only be 50 minutes long due to the library closing at 8:00 pm.** We may also have a shortened meeting for July since we were unable to reserve the meeting room then too. *Please watch this space for the location of our July meeting - we may move to a different meeting location.* – If we do change locations, our July meeting would be a regular length meeting, and the new location would be our “new home” for the foreseeable future (until we rent a permanent space).

We have begun our fundraising campaign to apply for our 501(c)3 funding so we may apply for grants. One of the things we will use this funding for is to rent a permanent facility but until we are able to do so, we need to continue to use public spaces. We are so grateful to have the facilities to continue to meet, even if it is for a shortened time. Sorry for any inconvenience this may cause, but we hope you join us for our meetings even if they are shorter than normal. If you would like to contribute to this campaign, you may do so by donating at: <http://bit.ly/fund-sos>

Blessings,

Charlotte Tankersley

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

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

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, June 5, 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. Learn more at www.swmetrodenversos.com/teens or call [720.745.9252](tel:720.745.9252) and speak with Charlotte who runs the group.



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 6, 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 6th from 2:00 pm – 4:00 pm** in this art workshop to learn how art can help us heal our grief. We will meet to distribute these on July 27th at 2pm to honor our loved ones and pass out the newly made art in books across Denver (location(s) TBD) (and in turn those who receive them will hopefully perform a random act of kindness in honor of our loved ones as well)!

Bring small pictures of your loved ones with you to include on your bookmarks if you wish so others know who they will be honoring!

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](tel: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 – 6:00 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](tel: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](tel: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](tel: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](tel: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](tel:844.493.TALK) (8255)
The National Suicide Hotline: [800.273.TALK](tel:800.273.TALK) (8255)
Military Veterans: [800.273.8255](tel:800.273.8255), Press 1
Spanish Lifeline: [800.273.8255](tel:800.273.8255), Press 2
The Trevor Project: [866.488.7386](tel:866.488.7386) (LGBTQ youth)
Trans Lifeline: [877.565.8860](tel: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.

Get Prepared: May is Mental Health Awareness Month!

Kailey Kocourek, Project Coordinator for The Kim Foundation

Each year millions of Americans face the reality of living with a mental illness. May is Mental Health Awareness Month and every year the goal is to fight stigma, provide support, educate the public, and advocate for policies that support people with mental illness and their families.

Mental Health Awareness Month was started in the United States in 1949 by the Mental Health America organization (then known as the National Association for Mental Health). Its purpose is to raise awareness and educate the public about mental illnesses, such as the 18.1% of Americans who suffer from depression, schizophrenia, and bipolar disorder; the realities of living with these conditions; and strategies for attaining mental health and wellness. It also aims to draw attention to suicide, which can be precipitated by some mental illnesses.

This year's campaign, #4Mind4Body, is encouraging individuals around the country to focus on the following healthy aspects of their daily lives in order to promote mental wellness:

- Maintain uninterrupted sleep for 8 hours each night.
- Avoid sugars, greasy foods, salts, processed foods, and saturated fats.
- Consume more whole grains, greens, unprocessed foods, lean meats, and unsaturated fats.
- Eat 2-3 well-balanced meals per day.
- Drink at least 3 liters of water per day.
- Consume natural probiotics such as yogurt, miso, sauerkraut, kefir, and kimchi.
- Engage in a physical activity for at least 30 minutes a day.
- Stay away from toxic thoughts, toxic people, and toxic conversations.
- Engage in positive thoughts and conversations.
- Practice mindfulness or meditation on a daily basis.
- Learn how to manage your stress.
- Stay present in your daily relationships.
- Avoid "screen time" and engage in more "in person time".
- Visit your doctor for preventative health and cancer screenings.
- Take time for yourself every day.

For the month of May, Mental Health America and NAMI are challenging you to make small positive changes in your life that can benefit your mind and your body. Document these changes and feel free to share on social media. You may be surprised by how much positive impact one small change can have on your life.

Resources:

<https://www.nami.org/mentalhealthmonth>

<http://www.mentalhealthamerica.net/may>

Kailey Kocourek joined The Kim Foundation in July 2018 as the Project Coordinator. She coordinates the Metro Area LOSS Team and provides mental health awareness and suicide prevention education in the community. Prior to that, she worked for a local nonprofit organization developing programs to improve access to health care for the underserved. Kailey received her Bachelor's Degree from UNO in Public Health in 2015 and is currently working towards her Master's in Public Health from UNMC, expecting to graduate in May 2019. She was drawn to the nonprofit world because of her passion for helping and educating others. Kailey is an active member of the Nebraska Suicide Prevention Coalition, the Metro Area Suicide Prevention Coalition, and the Nebraska State Health Improvement Plan's Depression and Suicide Health Priority group. Find out more about the Kim Foundation at <http://www.thekimfoundation.org>

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 ..**.*.♥..**.*.
