

### ♥ CONTACT US ♥

#### SW Metro Denver Survivors of Suicide

Main Number: 720.745.9252  
Mailing Address: PO Box 22  
Littleton, CO 80160  
Meeting Location: Littleton Adventist Hospital  
Conference Room 4  
7700 S Broadway  
Littleton, CO 80122  
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](tel:720.745.9252) or  
[charlotte@theinnerlight.org](mailto:charlotte@theinnerlight.org)

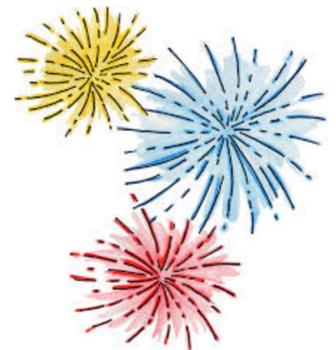
#### Facilitators:

Jeannine Honey: [303.716.3025](tel:303.716.3025)  
Shirley Johnson: [303.507.6252](tel:303.507.6252)  
Ted Mershon: [303.977.3037](tel:303.977.3037)

♥ July 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. ♥

**PLEASE NOTE: We will now be meeting on the 3<sup>rd</sup> Monday each month in Conference Room 4 (not 3!) at Littleton Adventist Hospital (7700 S. Broadway Littleton, CO 80122).**



## Suicide Survivor's Bill of Rights

By Joann C. Mecca

1. I have the right to be free of guilt.
2. I have the right not to feel responsible for the suicide death.
3. I have the right to express my feelings and emotions, even if they do not seem acceptable, as long as they do not interfere with the rights of others.
4. I have the right to have my questions answered honestly by authorities and family members.
5. I have the right not to be deceived because others feel they can spare me further grief.
6. I have the right to maintain a sense of hopefulness.
7. I have the right to peace and dignity

8. I have the right to positive feelings about the one I lost through suicide, regardless of the events prior to or at the time of the untimely death.
9. I have the right to retain my individuality and not be judged because of the suicide death.
10. I have the right to seek counseling and a support group to enable me to honestly explore my feelings to further the acceptance process.
11. I have the right to reach acceptance.
12. I have the right to a new beginning.
13. I have the right to be.

## UPCOMING EVENTS:

### **Suicide Intervention Skills Gatekeeper Training Workshop**

***Saturday, July 20<sup>th</sup>, 2019, 2:30 pm – 4:30 pm***

***Additional dates for 2019 are 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 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. Southwest Metro Denver Survivors of Suicide Program Director Charlotte Tankersley teaches the workshops, assisted by Southwest Metro Denver Survivors of Suicide facilitator Shirley Johnson. 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!)

### **AFSP Denver Metro Out of the Darkness Community Walk**

***Saturday, September 21<sup>st</sup>, 2019, 8:30 am – 12:00 pm (Check-in/Resource Fair begins at 8:30 am; Opening Ceremony begins at 9:45 am, and the Walk begins at approx. 10:10 am)***

Coors Field – 2001 Blake St., Denver CO

To donate or join our team, visit <https://afsp.donordrive.com/team/thehopegroup>

**Cost: Free (Fundraiser for CO Chapter of AFSP)**



**American  
Foundation  
for Suicide  
Prevention**

The AFSP Colorado Chapter's Denver Metro Out of the Darkness Community Walk will take place on Saturday, September 21<sup>st</sup>, 2019 at Coors Field in Denver, CO. The Out of the Darkness Walk is a fundraising event to join our community of survivors of loss and individuals with lived experience to help support the American Foundation for Suicide Prevention's (AFSP) 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 join team The Hope Group and walk with us as well as stop by our table at the resource fair to learn more about the services that The Hope Group offers the Denver-metro area in addition to Southwest Metro Denver Survivors of Suicide! **We are trying to raise \$500.00 for AFSP this year! Funds raised will also help to cover the cost of The Hope Group having a table at the resource fair! – so your funds will go twice as far (and are tax deductible!)**

**Please join our team, donate to support the team, or even share the following link with your friends!**  
<https://afsp.donordrive.com/team/thehopegroup> We would love to see you there!

### **Talk Saves Lives – Introduction to Suicide Prevention**

**Monday, September 23<sup>rd</sup>, 2019, 7:00 pm – 8:30 pm**

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

To register, visit <http://bit.ly/talksaveslivesfall19>

**Cost: Free (Donations will be accepted)**



A community-based presentation that covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. Attendees will learn the risk and warning signs of suicide, and how together, we can help prevent it in this one hour talk plus Q&A session. Learn more and watch a brief video about the training at <https://afsp.org/our-work/education/talk-saves-lives-introduction-suicide-prevention/>

### **Surviving After Suicide 7-week Suicide Bereavement Workshop**

**Fridays, October 4, 2019 – Friday, November 15<sup>th</sup>, 2019, 7:00 pm – 9:00 pm**

Location Littleton Adventist Hospital, Conference Room 1

For more information or to register, please visit [www.survivingaftersuicide.com](http://www.survivingaftersuicide.com)

**Cost: \$35/\$175**



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 \$35/session or \$175 if prepaid in full for the seven-week series and includes all materials, activities, and light refreshments at each meeting. Southwest Metro Denver Survivors of Suicide's facilitators Charlotte Tankersley & Shirley Johnson are the facilitators of this workshop. A topical outline is available at [www.survivingaftersuicide.com](http://www.survivingaftersuicide.com) along with further information about the class and a link to register. Contact Charlotte at 720.745.9252 or [charlotte@theinnerlight.org](mailto:charlotte@theinnerlight.org) with any questions.

## **♥ 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

### **Parents Surviving Suicide**

Bethany Lutheran Church  
4500 E. Hampden Ave., Cherry Hills Village  
303.322.7450



**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

**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 ♥**

**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](mailto: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](mailto:assist@judishouse.org) to speak with a Grief Care Coordinator to find out more about individual and family services.

**Surviving, Striving, and Thriving** – Surviving, Striving & Thriving is an 8-week peer-facilitated mutual support group for individuals (18+) who are suicide attempt survivors or who have persistent and ongoing suicidal ideation (thoughts). Surviving, Striving and Thriving offers adults 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. Please contact Charlotte at [720.745.9252](tel:720.745.9252) or [charlotte@theinnerlight.org](mailto:charlotte@theinnerlight.org) for more information or to be placed on the roster for the next group rotation.

**Teens Overcoming Grief After Suicide** – Teens Overcoming Grief After Suicide is a 6-week support group run by The Hope Group designed specifically for teens 13-19 who have lost a loved one to suicide. 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](http://www.swmetrodenversos.com/teens) or call [720.745.9252](tel:720.745.9252) and speak with Charlotte who runs the group to have your teen placed on the list for the next group which begins in early October.

**Teens Surviving, Striving & Thriving** – Teens Surviving, Striving & Thriving is an 8-week peer support group for teen suicide attempt survivors and teens with ongoing suicidal thoughts. We gather together to provide understanding through mutual experiences, learn coping skills, and to link youth to additional resources in the community while building a support system to create a safety net and promote healing. Other opportunities for socialization are provided outside the group, as is a group community service project to foster growth, increase self-esteem, and offer a chance to give back to the community. 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](mailto:charlotte@theinnerlight.org) for more information or to have your teen join the next group beginning in the fall/early winter.

## ♥ 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) – Our Organization’s Main 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)

## 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: 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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## Questions for a Counselor (Part 1 of a 4-part series)

By Dr. Terry O'Brien

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### What can you do when people will not mention your loved one?

Let's look at your options. You can choose to just let things be. I am not sure how satisfying this alternative is. You must decide this. Another option is to get upset with people for not mentioning your dead loved one. Make sure you consider the aftermath of this strategy before you choose it. Consider the outcome that could result. Finally, you could gently raise the issue that you sense them avoiding mention of your loved one. If you choose this option, be specific; what have you heard or not heard, seen nor picked up with your senses that led you to believe they were avoiding talking about your loved one?

Remember, you cannot read minds. You do not know what another person is thinking or what may be motivating them. So don't guess! Share with them what you have sensed. Carefully say, "I wonder if you were not mentioning my loved one for any particular reason?" Notice you are not being incriminating or blaming, which could create additional barriers to communication. Let the other person share their own motivations and intentions. Only they truly know them.

You could raise the issue this way; "I've become aware that we don't talk about (your loved one) anymore. I'm sometimes uncomfortable about this, and we don't seem to acknowledge it. What do you think and feel about this? I'd like to talk about how we might handle this situation more to our satisfaction." At this point, the issue is out in the open and hopefully you can both clearly redefine how you would like to deal with the situation.

*Dr. Terry O'Brien is a marriage and family therapist in private practice, special consultant/trainer for HOPE FOR BEREAVED and a local/national presenter of workshops.*

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*Reprinted with permission from "Hope for Bereaved: Understanding, Coping and Growing Through Grief." This book contains helpful articles for those grieving / those who want to help them. Includes articles on grief, anger, holidays, guilt, depression, and those regarding the death of family members and friends (it only briefly touches specifically on suicide, it primarily addresses grief in general). It can be purchased for \$19 with Amazon Prime on Amazon at <https://amzn.to/2xkbCoK> (This is an affiliate link, and Amazon will donate a portion of the sales to Southwest Metro Denver Survivors of Suicide/The Hope Group). You can also purchase this book by visiting [www.hopeforbereaved.com](http://www.hopeforbereaved.com) (the cost is \$20 including shipping) or by sending a \$20 check made payable to Hope for Bereaved, Inc. to 4500 Onondaga Blvd. Syracuse, NY 13219.*

## 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 struggles), 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, teachers, 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 3rd Monday every month in Conference Room 4 at Littleton Adventist Hospital.** Littleton Adventist Hospital is near the intersection of Broadway & Mineral ([7700 S Broadway](#)) in Littleton, CO. Enter the main hospital entrance and then go straight. Take a right after you pass the piano (just before the café). Conference Room 4 is the second room on the right. 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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