

♥ 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 or  
[charlotte@theinnerlight.org](mailto:charlotte@theinnerlight.org)

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

~\*~\*~ ♥ September 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. ♥

Check out our online bookstore at [www.swmetrodenversos.org/bookstore](http://www.swmetrodenversos.org/bookstore)! Amazon will donate a portion of all sales to Southwest Metro Denver Survivors of Suicide and The Hope Group!

Register to walk with us or make a donation to support our team at this year's Out of the Darkness Walk at <https://afsp.donordrive.com/team/thehopegroup> today! Our goal is to raise \$500 to support the American Foundation for Suicide Prevention and your donation is tax deductible. We hope to see you there on September 21<sup>st</sup>! (More information about this event is available under upcoming events.)

**PLEASE NOTE: Meetings are now the 3<sup>rd</sup> Monday each month from 7:00 pm – 8:30 pm in Conference Room 4 at Littleton Adventist Hospital (7700 S. Broadway Littleton, CO 80122).**



*We need a few things to keep our various groups and classes running and we're also looking to add a few more books to our lending library. If you're so inclined, please take a look at our Amazon Wish List (<http://bit.ly/hope-wishes>) if you're interested in purchasing books or supplies to help us out. We \*really\* appreciate your support!*

## UPCOMING EVENTS:

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

**Saturday, September 14<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 Conference 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!)

### **Cracked, Not Broken – The Kevin Hines Story**

**Saturday, September 13<sup>th</sup>, 2019, 11:00 am – 1:00 pm**

Hilton Denver City Center – 1701 California St., Denver CO

To register, visit <https://www.eventbrite.com/e/cracked-not-broken-the-kevin-hines-story-tickets-65425195521>

**Cost: Free**



Cracked, Not Broken; The Kevin Hines Story hosted by Highlands Behavioral Health and Centennials Peaks Hospital will be held on Friday, September 13th at the beautiful Hilton City Center Hotel in Downtown Denver.

Please join us as Kevin shares his story of hope and celebration of life. Kevin Hines is a mental health advocate, global speaker, best-selling author, documentary filmmaker and entrepreneur who reaches audiences all over the world with his story of an unlikely survival and his strong will to live. Two years after he was diagnosed with bipolar disorder (at 19 years of age), he attempted to take his own life by jumping from the Golden Gate Bridge. He is one of only thirty-four (less than 1%) to survive the fall and he is the only Golden Gate Bridge jump survivor who is actively spreading the message of living mentally healthy around the globe.

This is the same story as is told in the movie, *Suicide: The Ripple Effect* but told in person! You won't want to miss this if you can come, please join us as Kevin is a phenomenal speaker! Admission is free and includes lunch. Free parking will be available for the first 25 guests to arrive as well!

## **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!

**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/>

## **Bridging the Divide Suicide Awareness & Prevention Summit**

***Friday, September 27, 2019, 8:00 am – 4:00 pm***

Drake Center – 802 W. Drake Rd., Ft. Collins CO

For more information or to register, please visit

<https://suicidepreventioncolorado.org/bridging-the-divide-2019>

**Cost: \$65 - \$105 (Includes lunch)**



**BRIDGING THE DIVIDE**  
SUICIDE AWARENESS & PREVENTION SUMMIT

Bridging the Divide is Colorado's annual suicide prevention and awareness summit. The 2019 theme is Promoting Community Engagement and Impact in Suicide Prevention.

The summit will feature keynote speakers Bart Andrews of Behavioral Health Response and Chris Jachimiec of Military and Veteran's Survivors of Loved Ones to Suicide. There will also be 4 panel discussions addressing the topics of lived experience, upstream community engagement, coalition building and lethal means available (with 2 session times available to attend).

## **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***

Littleton Adventist Hospital, Conference Room 1 – 7700 S. Broadway St., Littleton CO

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

**Cost: \$35/session or \$175/7 week series**



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 \$175.00 if prepaid in full in advance 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.

## **International Survivors of Suicide Loss Day**

***Saturday, November 23, 2019***

Location Varies

*For more information or to find an event near you, please visit*

*<http://www.bit.ly/survivorday2019>*

**Cost: Free; some sites collect a "love offering"**



In 1999, Senator Harry Reid, who lost his father to suicide, introduced a resolution to the United States Senate which led to the creation of International Survivors of Suicide Loss Day. Also known as Survivor Day, the day was designated by the United States Congress as a day on which those affected by suicide can gather together for healing and support. It was determined that Survivor Day would always fall on the Saturday before American Thanksgiving, as the holidays are often a difficult time for suicide loss survivors.

Visit <http://www.bit.ly/survivorday2019> to find a location that is hosting an event near you to gather together with other loss survivors to view this year's survivor day documentary, participate in a support group discussion and other activities which vary by location. You can also view previous years documentaries on the website if you are interested in viewing what the day's activities may include. Survivor day is appropriate for people who are at all stages of grief and for losses of all relationship types but may not be appropriate for younger children. Please contact the individual site for more information.

## **Celebration of Life / First Annual Holiday Potluck Dinner**

***Monday, December 16, 2019***

Littleton Adventist Hospital Conference Room 4 – 7700 S Broadway, Littleton, CO 80122

**Cost: Free; Bring a dish to share if able**

In honor of our loved one's memory we would like to remember them in a special ceremony this holiday season. Gathering together during our December meeting we will share in a commemorative service to remind us that even though our loved ones may have gone on before us, they are not definitely forgotten. To read more about the importance of ritual in the grief healing process check out this article on the Good Therapy website: <https://www.goodtherapy.org/blog/creating-rituals-to-move-through-grief/>.



Therapy website:

We will also hold a potluck dinner during this meeting time so please bring a dish to share with the group if you are able. We will have a sign-up sheet for dishes available during our September, October and November meetings or you can sign up online here: <http://bit.ly/2019sos-potluck> These activities will take place in lieu of our regular meeting, but we will still have a group discussion if desired and facilitators will be available for those who need to talk.

If you know other loss survivors, **please invite them** ... this is not just for members of Southwest Metro Denver Survivors of Suicide, the more the merrier! We would love to fill our tree with butterflies!

Next year we would like to display this lit butterfly-filled tree as a display during the month of September (which is National Suicide Prevention Month) in the lobby of the hospital (or another prominent public location TBD) in order to bring awareness to the growing number of suicides in our state. (Don't worry, we will have plenty of butterflies so you can make one to take home as well!)

## ♥ 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 ♥

**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 monthly drop in support group run by The Hope Group designed specifically for teens 13-19 who have lost a loved one to suicide similarly structured to Southwest Metro Denver Survivors of 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. Teens Overcoming Grief After Suicide meets on the first Wednesday each month from 6:00 pm – 7:30 pm in the Conference Room at the Sheridan Library\* (3425 S. Oxford Ave, Denver, CO 80236). Please contact Charlotte at [720.745.9252](tel:720.745.9252) or [charlotte@theinnerlight.org](mailto:charlotte@theinnerlight.org) with any questions or for more information.

**Teens Surviving After Suicide** – Teens Surviving 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. Similar to Teens Overcoming Grief After 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. However, Teens Surviving After Suicide, like Surviving After Suicide for adults, is curriculum based with structured group learning activities and a specific curriculum tailored to teens. 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.allianceofhope.org](http://www.allianceofhope.org) (24/7 online support community for survivors of suicide loss)

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

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Please **CALL**:

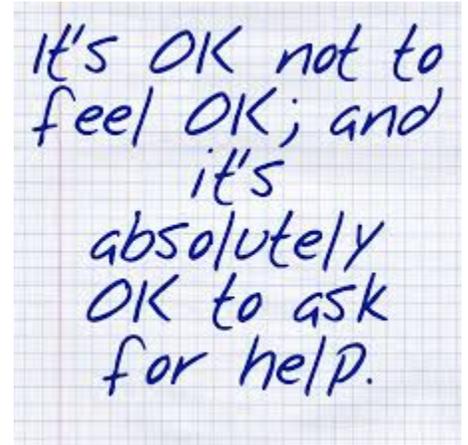
**Colorado Crisis Services:** [844.493.TALK](tel:844.493.TALK) (8255)  
**The National Suicide Hotline:** [800.273.TALK](tel:800.273.TALK) (8255)  
**Military Veterans:** [800.273.8255](tel:800.273.8255), Press 1  
**Spanish Lifeline:** [800.273.8255](tel:800.273.8255), Press 2  
**The Trevor Project:** [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 3 of a 4-part series)

By Dr. Terry O'Brien

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### How do you get the members of your family to talk?

This is a question that many family members would like to resolve. The essential premise to keep in mind is that I cannot change another person; I can only change myself. This may sound like we are back to square one – not quite! Consider a mobile. When the various pieces settle, the mobile is fairly stable and settled. Then move one piece or add some additional weight to a piece, and the mobile is energized. The mobile must accommodate to the change. Human families are constantly accommodating to changing events, attitudes and behavior patterns.

Our first task is to assess the established patterns for communicating in the family. When, to whom, and how does a particular family member talk? What attitudes or behaviors of other family members actually reinforce or support another's silence? Consider such factors as: gender; one's sibling position (birth order) and the ensuing roles each sibling establishes; the need to be different from other siblings; the lessons one learns on one's family regarding communicating feelings and differences; the day-in, day-out interaction patterns and ritual in the home that have become frozen over time with little or no communication yield.

Remember, if what you are presently doing to bring about communication is not working, discontinue it. Try something else. Often we must create a different context – go out to breakfast with your child...go to a movie of their choice and out to pizza after...get the "Ungame" and use this boardgame to structure your interactions in new content areas...read a book such as *Straight Talk* by Miller et al or *Peoplemaking* by Satir...take an adult education course on communication. The rule of thumb is to interact differently with another family member to jog the stuck patterns of communication. You cannot change anyone else, but you can change yourself. As you do this, it will definitely influence others. Herein lies our hope for creating better communication patterns within the family.

*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.*

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](http://www.google.com/maps/place/7700+S+Broadway,+Littleton,+CO)) in Littleton, CO, 80122. 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 is appreciative of the space that the Sheridan Library and Littleton Adventist Hospital provide for our workshops and groups.

\*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).**

**For more information about the programs The Hope Group offers, please visit [www.hope-group.org](http://www.hope-group.org)**

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

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**Next Month's Meeting:**

**7:00 pm – 8:30 pm**

**Monday, October 21<sup>st</sup>**

**Our remaining 2019 meeting dates:**

**November 18<sup>th</sup>    December 16<sup>th</sup>**