



## UPCOMING EVENTS:

### Suicide Intervention Skills Gatekeeper Training Workshop

**Saturday, October 19<sup>th</sup>, 2019, 2:30 pm – 4:30 pm**

**Saturday, November 9<sup>th</sup>, 2019, 2:30 pm – 4:30 pm**

**Wednesday, December 11<sup>th</sup>, 2019, 6:30 pm – 8:30 pm**

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!)

### Parenting While Grieving Workshop

**Tuesday, October 29, 2019**

Horan & McConaty – 5303 E. County Line Rd., Centennial, CO

Register online: [form.jotform.com/shimmeringwings/whats-your-grief](http://form.jotform.com/shimmeringwings/whats-your-grief)

Cost: Free; but preregistration is required



The purpose of this workshop is to help you, as someone who is dealing with your own grief, balance your needs with the needs of the children in your care. It may seem counterintuitive but taking care of yourself is actually one of the wisest and most responsible decisions you can make during times of grief, loss and hardship. It can also be one of the hardest things to do. General concepts covered in this course will include: Grief 101; Common challenges in grief; Understanding the impact of development on your child's grief; Continuing bonds, tradition, and ritual; Understanding your own coping style; Managing negative coping and playing to your strengths; Self-care; The impact of grief on the family; Assessing and utilizing your support system effectively; Identifying community resources. Please register online for this free workshop at: [form.jotform.com/shimmeringwings/whats-your-grief](http://form.jotform.com/shimmeringwings/whats-your-grief) Contact [720.433.3178](tel:720.433.3178) 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. As we get 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/>.



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!)

## **Teens Overcoming Grief After Suicide 7-week Suicide Bereavement Workshop**

***Tuesdays, Dates TBD, 6:30 pm – 8:00 pm***

Littleton Adventist Hospital – 7700 S. Broadway St., Littleton CO

For more information or to register, please email [charlotte@hope-group.org](mailto:charlotte@hope-group.org)

**Cost: \$50**



Teens Overcoming Grief After Suicide is a seven-week support group for teens who have lost a loved one to suicide. Teens can meet 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. Like Surviving After Suicide for adults, Teens Overcoming Grief After Suicide is curriculum-based with structured group learning activities and a specific curriculum tailored to teens. We will meet on Tuesday nights from 6:30 pm - 8:00 pm as soon as we have 8 teens interested in the group. The cost is \$50 for the 7-week session to cover the cost of materials and snacks. If you are interested in learning more, want to know if this group may be appropriate for you or your teen, or to be placed on the waitlist, please contact Charlotte Tankersley at (720) 745-9252 or [charlotte@hope-group.org](mailto:charlotte@hope-group.org).

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

***Fridays, February 7, 2020 – Friday, March 20<sup>th</sup>, 2020, 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: \$25/session or \$150/7 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 \$25/session or \$150.00 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@hope-group.org](mailto:charlotte@hope-group.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

### **East Metro HEARTBEAT**

Heart Light Center  
11150 E. Dartmouth Ave., Aurora  
303.755.2679 or 303.667.7864

### **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

**Southeast Littleton HEARTBEAT**

Littleton Adventist Hospital  
7700 S. Broadway, Littleton  
720.328.9229

**Boulder HEARTBEAT/Sibling HEARTBEAT**

Calvary Bible Church  
3245 Kalmia Ave., Boulder  
720.244.9052 (Sibling group meets as requested, call for info)

**Longmont Suicide Survivors Support Group**

Longmont Sr. Center  
910 Longs Peak Ave., Room G, Longmont  
970.978.6802

**HEARTBEAT Survivors After Suicide CO Springs**

East Methodist Church  
1505 E. Monument St., Colorado Springs  
719.596.2575

**♥ Additional Resources for Support ♥**

**Choose Life!** – Choose Life! 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). Choose Life! 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@hope-group.org](mailto:charlotte@hope-group.org) for more information or to be placed on the roster for the next group rotation.

**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@hope-group.org](mailto:charlotte@hope-group.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 & Thriving** – Surviving Striving & Thriving is a free peer-facilitated support group for adult (18+) suicide attempt survivors and individuals who may be struggling with suicidal ideation (thoughts). We gather monthly to meet with others in a safe environment free from the judgement that we often face from others when talking about our suicidal thoughts. Learn more at [www.survive-strive-thrive.org](http://www.survive-strive-thrive.org) or call [720.745.9252](tel:720.745.9252) and speak with Charlotte (Program Manager of SW Metro Denver SOS and Executive Director of The Hope Group) for more information.

**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 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@hope-group.org](mailto:charlotte@hope-group.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 Page  
[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 4 of a 4-part series)

By Dr. Terry O'Brien

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**“You must be over it by now...”**

...is an often expressed or unexpressed thought of those who do not understand the dynamics of loss and grief. Let’s look at the statement from a communication perspective. Making statements or judgments about others can be risky business. Making statements about oneself is more appropriate and results in less reactivity. The above statement implies, “I

really don't know what to say to you, so I hope you are over it by now. I am uncomfortable dealing with your pain and/or tears. I hope you can get it together. It will make it easier for me to deal with you."

Consider the comment, "Aren't you over it by now?" As a very circular and indirect way of saying something about the speaker. It is so easy to get frustrated and angry at this person. Acknowledge your emotion but consider where the other might be coming from. This may enable you to behave differently.

If you here the comment, "You must be over it by now," respond simply but candidly, "No, I guess I'm still hurting – sometimes more, sometimes less." Then pause. If your friend does not respond but seems uncomfortable or uneasy, ask, "Does it bother you to see me upset?" If the other says "Yes," then let them know the type of responses you would appreciate. If they say "No," respond "That's good. When I am feeling sad, sometimes I need (articulate desired responses) from others." Either way you let your friend know a more appropriate response. Try not to be too harsh or upset with well-intentioned friends or relatives. Educate them. Use this as an opportunity to raise their consciousness so they in turn can be more helpful when such a situation arises again.

*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.*

**Next Month's Meeting:**

**Monday, November 18<sup>th</sup>**

**Our remaining 2019 meeting dates:**

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

## 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](https://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@hope-group.org](mailto:charlotte@hope-group.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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