



♥ 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

Facebook: www.facebook.com/swmetrodenversos

Email: info@swmetrodenversos.org

Program Manager:

Charlotte Tankersley: 720.745.9252 or
charlotte@hope-group.org

Facilitators:

Jeannine Honey: 303.716.3025

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Ted Mershon: 303.977.3037

♥ November 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. ♥

If you're looking for a new book, check out our online bookstore at www.swmetrodenversos.org/bookstore! Amazon donates a portion of all sales to Southwest Metro Denver Survivors of Suicide and The Hope Group!

Next month's meeting is Monday December 16th and will be a celebration of life and dinner/potluck instead of our regular monthly meeting! Please sign up to bring a dish here: <http://bit.ly/2019sos-potluck>

We are looking for a few supplies for our groups and classes, and we're always looking to add more books to our lending library. Please check out our Amazon Wish List (<http://bit.ly/hope-wishes>) if you're interested in purchasing books or supplies which really helps us out! We greatly appreciate your generosity and support!



10 Tips for Surviving the Holidays After the Death of a Loved One

from Journey Through Loss (www.journeythroughloss.com)

The Holidays are stressful:

There are presents to be purchased, crowded stores, extra traffic, financial burdens and social obligations. If a person has experienced the death of a loved one this seasonal stress is greatly magnified.

Death brings about many changes that will affect the holidays. Perhaps your loved one always carved the turkey or prepared a traditional dish from an old family recipe. Patterns and rituals will be different this holiday season. There will be an empty chair at the table, the house may not look the same in the way it is or is not decorated. Holiday cards may not have their usual cheery message, and how do you sign them. Even if a person thinks they have been “doing well” with the death the holidays can reactivate their grief as they are forced to acknowledge the extent of their loss.

The emotions that the holidays stir in a person who has experienced a loss are overwhelming. Here are 10 ideas that can help reduce the stress and ease some of the emotional pain this season may bring.

1. Don't plan to skip the holidays: It's impossible to simply bypass the holidays. Even if you hide your head under the covers until the sun sets, you cannot wish the day away. It will come. Instead, accept the fact that it's *normal* to feel sad and down at this time. Face your feelings and learn how to prepare as best you can for the day.

2. Plan Ahead: Grieving people do not like surprises because their emotions are already like a roller coaster, up and down, and unpredictable. Therefore, plan ahead so that the events of the special day are well known to you, your family members and friends. Predictability reduces the element of surprise and increases coping skills.

3. Make tentative plans: Because the emotions of grief are so unpredictable, it is hard to know in advance if you will be having a good day tomorrow, or next Thursday. Therefore, if you are invited to a party or holiday meal, your response can be, “I would like to go, let me give you a tentative ‘yes’”. This gives you the space and opportunity to change your mind if necessary.

4. Do only what is special and meaningful to you: Stop and take a look at what supports you and makes you feel most comfortable and do only those things. Remember this is *your* grieving process, you deserve to put yourself first and monitor your comfort level.

5. Shop early or by catalog or online: Grieving people often see reality through distorted lenses. If you have lost a spouse, it may appear that all the world is “coupled” with happy, healthy, married people and of course they are all madly in love. If you have lost a child, everywhere you gaze you will see only energetic, rosy-cheeked children with smiling parents. During the holidays these perceptions can be accentuated: the malls are filled with joyful shoppers, Holiday music, colorful decorations, and an exciting hustle and bustle in the air. A grieving person may feel alone and depressed in this environment.

6. Tell the truth about your feelings: If you are asked, “How are you?”, be truthful. The way through grief is by grieving. In addition, most people don't know how to support someone who is grieving. They need you to tell them how you actually feel: “Today is hard day for me”; “I'm feeling tender”; “I'd like to be quiet”; “I'd appreciate some company”.

7. Choose supportive people to be around: Be with those people you feel comfortable with, those who are okay with tears, those who can sit and chat with you about the person who has died. It is important that you do not feel a need to entertain them but rather a freedom to just be relaxed and say and do the things you are comfortable with.

8. Take Care of Yourself Physically: Grieving people can have a tendency to under eat or overeat. They can also drink alcoholic beverages in excess, particularly during the holidays. There are many ways to distract ourselves from painful feelings. Make healthy choices, watch what you eat and drink, get plenty of rest and exercise.

9. Remember to Remember: “Relationships don’t end, they only change form.” You are still impacted by your loved one’s love, guided by their words, touched by their sense of humor. Acknowledge the person who died, write them a card, get them a gift. Honor this relationship in whatever manner you find helpful. This relationship will never cease to be important to you.

10. Most important remember that we are here for you, your loss and your healing matter to us: Please feel invited to visit our web site, we have more articles for you and a grief blog for your thoughts. www.journeythroughloss.com

Remember there is healing in the telling.

UPCOMING EVENTS:

Suicide Intervention Skills Gatekeeper Training Workshop

Saturday, November 9th, 2019, 2:30 pm – 4:30 pm

Wednesday, December 11th, 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

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. (Use the special discount code **SWMETDENSOS** when registering to receive \$5 off your registration fee, so the class is only \$20!)

International Survivors of Suicide Loss Day

Saturday, November 23, 2019, 2:00 pm – 4:00 pm

Rocky Mountain Region Veterans Affairs Medical Center - 1700 N. Wheeling,
Aurora, CO

Cost: Free



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, 7:00 pm – 8:30 pm

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 dinner during this meeting time so if you would like to bring a dish to share with the group we will have a sign-up sheet for dishes available during our meeting or you can sign up online here: <http://bit.ly/2019sos-potluck>. **Please note: You don't have to bring a dish to participate, there will be plenty of food available so please come even if you don't/can't bring something to the 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 visit www.survivingaftersuicide.com/toqas

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.

Surviving After Suicide 7-week Suicide Bereavement Workshop

Fridays, February 7, 2020 – Friday, March 20th, 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

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 along with further information about the class and a link to register. Contact Charlotte at 720.745.9252 or 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 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 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 & 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 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 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 - Our Website
www.facebook.com/swmetrodenversos - Our Facebook
www.hope-group.org – Our Organization’s Main Page
www.coloradocrisisservices.org
www.suicidepreventionlifeline.org
www.suicidepreventioncolorado.org

www.thesecondwindfund.org
www.afsp.org
www.suicidology.org
www.nami.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.



16 Ideas for Creating New Holiday Tradition After a Death

from What's Your Grief? (www.whatsyourgrief.com)

Someone you love has died and now the holidays will never be the same. I'm sorry to put this so plainly, but it's true and you need to acknowledge it.

Too often people stumble into the holidays after a death believing things can stay the same. Some passively assume everything will work out, while others believe if they try hard enough to be positive and maintain tradition that PEOPLE

WILL ENJOY THEMSELVES DANG IT. I hope these approaches work out for some, but I can promise you they won't suffice for all.

I hate to be Grinch, but even if you manage to rebuild your tradition to the closest approximation possible, there will still be sadness. In the immortal words of the "King" Elvis Presley...

*"And when those blue snowflakes start falling
That's when those blue memories start calling"*

We've written posts on how to handle existing holiday tradition after a death and we've written about honoring deceased loved ones at the holidays, but we've yet to get in-depth about creating new tradition after a loss. The creation of new tradition and ritual provides you the opportunity to find meaningful and lasting ways to remember loved ones. Further, it allows those who have died to play a continuous role in holiday celebrations going forward.

We're going to provide you with a few ideas for creating new holiday tradition after a death, but we encourage you to really think beyond this list and create traditions that are reflective of who your loved one was and how you want to see their legacy continue. New traditions can be simple things you decide to do on your own or bigger rituals that you create with your family. As you think about this, remember traditions are meant to be repeated year after year, so choose something that your family can realistically keep going. Even better, choose a tradition that can be handed down to future generations.

1. Food:

- **Holiday dish:** Choose your loved one's favorite dish (or recipe) and make sure the dish is present at your celebration year after year. For example, my family makes "Autie's beans". Why are they "Autie's beans"? I have no idea, I'm pretty sure "Autie's beans" is the same thing as plain ole green bean casserole!
- **Favorite dessert:** Instead of choosing a dish, choose their favorite dessert to make every year.
- **Breakfast:** If the holiday dinner is crazy, crowded, and hectic, start a tradition of having your loved one's favorite breakfast foods with just your immediate family.
- **After dinner drinks:** If the person who died wasn't a part of the family celebration, start a tradition of meeting friends and family in the evening to remember the person who died over hot cocoa and eggnog.
- **Cookie recipe:** This is my personal favorite, use your loved one's recipe to make Christmas cookies. I used my mother's recipe this year and shared them on Facebook with my far away family.

2. Music:

- **Holiday playlist:** Have a go-to list of holiday songs that remind you of your loved one.
- **Sing:** Start a tradition that involves singing your loved one's favorite holiday songs. My family *always* sings *Silent Night* just before going to bed on Christmas Eve and it *always* makes me cry. You could also try traditions like these...
 - Have a caroling party before the holidays where you invite all your family and friends
 - Have a sing-a-long after holiday dinner

3. Memory tablecloth:

Every year lay a special tablecloth and fabric markers or sharpies. Ask holiday guests to write down their favorite holiday memories, especially those that involve family members who are no longer present.

4. Light a candle:

As a family, light a candle at the beginning of the holiday season and allow it to burn throughout. If you're not comfortable with a real candle, use a fake candle or a special light up decoration.

5. Candle ceremony:

On the night before the holiday or on the night of the holiday, gather everyone for a candle ceremony. Give everyone an unlit candle. The first person lights the first candle and shares a memory. They can share a memory of their deceased loved one(s), a memory from past holidays, or a time during the year when they felt their loved one's presence – you decide (it's your tradition after all)! After the first person shares their memory, they light the candle of the next person and that person shares a memory – so on and so forth. Once the last candle is lit, do something to close out the ceremony (for example: sing a song or say a prayer).

6. Blessing:

If a blessing is traditionally said at any point during the holiday, add a lyric, quote, verse, poem, or saying that reminds you of your loved one. Choose something that really reflects your loved one, even if it's silly or out of context.

7. Secret Signal:

Create a secret signal for your family members to give one another when something reminds them of the person who has died. This could be a signal used at any moment, happy or sad, throughout the year.

8. Give to charity:

Every year chose a charity to give a gift to in your loved one's name. Keep the same process for choosing the charity each year – maybe you decide over Thanksgiving or you gather on the first Sunday of December, for example. Allow everyone to offer suggestions and then choose as a family. If you don't want to just make a monetary donation, look for shelters doing "adopt a resident" programs or opportunities to buy gifts through an angel tree.

9. Go somewhere where you feel close to your loved one:

Start a tradition of visiting your loved one's grave or another place where you feel close to them on the holiday. Choosing a designated time, like first thing in the morning, may make it easier to plan and uphold this tradition.

10. Moment of silence:

At your holiday celebration, allow people an opportunity to share the name of loved ones they've lost and then have a moment of silence to remember those people.

11. Tell stories:

Every year on my daughter's birthdays I tell them about the day they were born. Why not start a tradition of telling special holiday stories on the holiday? Instead of reading the kids *'Twas the Night Before Christmas* when you tuck them into bed, start the tradition of telling them a story from a holiday when their loved one was alive.

12. Add an extra plate:

Always add an extra plate to your dinner table to symbolize your loved one's presence in everyone's hearts and minds.

13. Holiday memory/Gratitude box:

Leave a box, slips of paper, and pens out, and ask friends and family to write down their favorite holiday memories, memories of loved ones, or gratitudes. Ask them to put their slips in the box and read them over dessert. If you feel as though your family has had an especially tough year, writing down gratitudes might help people to shift their perspective a little bit.

14. Remembrance ornaments and trees:

Buy a new ornament every year that reminds you of your loved one. This could be an ornament that you think is pretty, a photo ornament, or an ornament that symbolizes something about your loved one. If children are affected by the loss, invite them to help you select the ornament or even allow them the opportunity to make the ornament themselves.

- **A tree for your loved one:** Consider buying a small tree specifically for these remembrance ornaments. This will give people an opportunity to look at the ornaments all together, ask questions, and reminisce. You might even consider having a specific tradition for decorating and lighting this tree.
- **A remembrance tree:** If you will have a lot of people at your celebration, or if you have a lot of visitors throughout the season (or if you work at a grief center or hospice), put up a remembrance tree. Set up a table with sharpies and ornaments people can write on close to the tree. Allow anyone who passes through to write the name(s) of their deceased loved one(s) on an ornament and invite them to hang their ornament on the tree.

15. Stockings and garlands:

The holidays can be really tough when you're grieving (oh, you already knew that?). Set out slips of paper and pens and instruct people to write any of the following of the slips of paper.

- memories
- moments when you thought of/missed your loved one
- words of encouragement to other family members
- words of appreciation for other family members
- gratitudes

Have a designated stocking or garland where people can share their slips.

16. Put regrets to the fire:

Henry Havelock Ellis said, *"All the art of living lies in a fine mingling of letting go and holding on."* In addition to the memories and traditions you keep with you, you may also be holding onto things like regret, guilt, and feelings of resentment. Start a holiday tradition of lighting a fire, writing down your regrets from the past year, and then throwing your regrets into the fire to symbolize a fresh start.

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,+80122)) 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, or contact our Program Manager, Charlotte Tankersley, directly at [720.745.9252](tel:720.745.9252) or charlotte@hope-group.org.

For more information about the programs The Hope Group offers, please visit www.hope-group.org

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