



♥ CONTACT US ♥

**SW Metro Denver Survivors of Suicide**

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Conference Room 4  
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Littleton, CO 80122  
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❄️♥ December 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. ♥

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

*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!*



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## Facing the New Year When You Are Bereaved

from Vitas Healthcare ([www.vitas.com](http://www.vitas.com))

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### Accepting the New Year

When we are grieving, it is hard enough to live each day as it comes. It can be daunting to face a whole new year stretching out in front of us. We may be afraid of what the new year might bring. We may worry whether or not we can handle any more challenges. Our current experience of emptiness and loneliness may make us reluctant to face a new year.

We might say to ourselves, "I used to be so busy. I used to feel so needed, so useful. Now it seems there's nothing but empty space and empty time." It's bad enough to wake in the morning not sure what we'll do with the day; what will we do with a whole year?

Longing to recover the past can sometimes make us resistance to accepting the new year. The past was where we were comfortable, where we felt safe, felt good. Grief burdens us today and we fear the new year won't hold anything different for us. We pine for the person we miss and the precious past we shared. We think about how it was, and wish we were back there.

Approach of a new year may mean different things for different mourners. Whether we welcome, dread or ignore a new year probably depends on where we are in our grief process. The question is not whether, but how grief will show up, and how we'll work with it.

### A Learning Process

If your loss was recent, sudden or unexpected, you might experience it as a shock, as if you're living a bad dream or someone else's life, trying desperately to get back to your "old" life. The last thing on your mind might be the challenge of a new year. Writing or talking repeatedly about the death of your loved one might make you feel numb or detached. Eventually, you might realize that your life is not what you thought it would be, that your world has changed.

Therese Rando, a noted grief therapist and author, describes grieving as a learning process. Each minute with a loved one created patterns of how to operate and what to expect. Each new challenge, like doing the taxes, fixing things, and going into a new year, becomes a fresh occasion to accept the absence of your loved one and find new ways to cope, even if new challenges bring fresh pain.

As you courageously work through your grief over time, you eventually will find the strength to look to the new year with interest and wonder about what it might hold. Maybe you'll feel eager to welcome change, now that your grief has started to ease.

You might find comfort and joy in knowing that you did all that you could and loved well. Enriched by the love you once enjoyed, you can now show deeper compassion for all who suffer. You eventually will recognize life as a gift to enjoy with whomever crosses your path. In time, you might want to do on your own what you both once hoped to accomplish together.

Even if you're scared and lonely, and even if you long for the past, you can still open the door a crack to this new year.

## Tips to face the new year:

- Begin by getting needed rest. If you're still exhausted from caregiving or from acute grieving, focus on physical recovery. Considering talking with your doctor about how to rebuild yourself physically.
- Give yourself a mental rest. Replace negative thoughts with positive affirmations about yourself, and soothe yourself with music, prayer, uplifting literature, tears and laughter.
- Pay attention to hope and desire. Find small practical ways to give yourself new pleasure.
- Attend a support group or talk with friends and family members who can list and share memories.
- Seek spiritual support from a local minister, rabbi, priest, imam.
- Find courage to live into the future by living in the present, one day at a time. Do the best you can to care for yourself and others today.

## UPCOMING EVENTS:

### **Grief Expressed at the Holidays – Workshop for Adults**

***Sunday, December 15<sup>th</sup>, 2019, 10:00 am – 2:00 pm***

South Platte Counseling – 770 W. Hampden Ave, Ste. 205, Englewood, CO

To register, call Jenny Robbins at (720) 900-5087 or email [jenny@southplattecounseling.com](mailto:jenny@southplattecounseling.com)

**Cost: \$40.00**



We know that attending to our grief is important. This is especially true at stressful times. Workshop attendees will participate in expressive activities and healing ritual. There will be focus on considerations of grief and the holiday season: Changed energy levels. Other- and self-expectations. Boundaries. Keeping and changing traditions. Family. Self-compassion. Come learn healthy ways of coping, honoring and expressing grief at the holidays. Participants will leave with a deeper understanding of grief and trauma, the creations they make, and a small gift. The cost is \$40 with all materials provided

### **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.

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

**Saturday, January 18<sup>th</sup>, 2020, 2:30 pm – 4:30 pm**

**Wednesday, February 12<sup>th</sup>, 2020, 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!)

## **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](http://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](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

### **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 ♥

**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.coloradocrisiservices.org](http://www.coloradocrisiservices.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.



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

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