



♥ 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

Meets Monthly: 3rd Monday 7:00 pm - 8:30 pm

Website: www.swmetrodenversos.org

Facebook: www.facebook.com/swmetrodenversos

Email: info@swmetrodenversos.org

Program Manager:

Charlotte Tankersley: [720.745.9252](tel:720.745.9252) or
charlotte@hope-group.org

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Jeannine Honey: [303.716.3025](tel:303.716.3025)

Shirley Johnson: [303.507.6252](tel:303.507.6252)

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February 2020 ♥

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 complicated and is 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 painful loss. ♥

How Grief Shows Up In Your Body

By Stephanie Hairston

July 11, 2019 -- It's surprising how physical grief can be. Your heart literally aches. A memory comes up that causes your stomach to clench or a chill to run down your spine. Some nights, your mind races, and your heart races along with it, your body so electrified with energy that you can barely sleep. Other nights, you're so tired that you fall asleep right away. You wake up the next morning still feeling exhausted and spend most of the day in bed.

Amy Davis, a 32-year-old from Bristol, TN, became sick with grief after losing Molly, a close 38-year-old family member, to cancer. "Early grief was intensely physical for me," Davis says. "After the shock and adrenaline of the first weeks wore off, I went through a couple of months of extreme fatigue, with nausea, headaches, food aversion, mixed-up sleep cycles, dizziness, and sun sensitivity. It was extremely difficult to do *anything* ... If there's one thing I want people to know about grief, it's how awful it can make your body feel."



What causes these physical symptoms? A range of studies reveal the powerful effects grief can have on the body. Grief increases inflammation, which can worsen health problems you already have and cause new ones. It batters the immune system, leaving you depleted and vulnerable to infection. The heartbreak of grief can increase blood pressure and the risk of blood clots. Intense grief can alter the heart muscle so much that it causes "broken heart syndrome," a form of heart disease with the same symptoms as a heart attack.

Stress links the emotional and physical aspects of grief. The systems in the body that process physical and emotional stress overlap, and emotional stress can activate the nervous system as easily as physical threats can. When stress becomes chronic, increased adrenaline and blood pressure can contribute to chronic medical conditions.

Research shows that emotional pain activates the same regions of the brain as physical pain. This may be why painkilling drugs ranging from opioids to Tylenol have been shown to ease emotional pain.

Normal vs. Pathological Grief

Depression is not a normal part of grief, but a complication of it. Depression raises the risk of grief-related health complications and often requires treatment to resolve, so it's important to know how to recognize its symptoms. Sidney Zisook, MD, a grief researcher and professor of psychiatry at the University of California, San Diego, says people can distinguish normal grief from depression by looking for specific emotional patterns.

"In normal grief, the sad thoughts and feelings typically occur in waves or bursts followed by periods of respite, as opposed to the more persistent low mood and agony of major depressive disorder," Zisook says.

He says people usually retain "self-esteem, a sense of humor, and the capacity to be consoled or distracted from the pain" in normal grief, while people who are depressed struggle with feelings of guilt and worthlessness and a limited ability "to experience or anticipate any pleasure or joy."

Complicated grief differs from both depression and normal grief. M. Katherine Shear, MD, a professor of psychiatry at Columbia University's School of Social Work and director of its Center for Complicated Grief, defines complicated grief as "a form of persistent, pervasive grief" that does not get better naturally. It happens when "some of the natural thoughts, feelings, or behaviors that occur during acute grief gain a foothold and interfere with the ability to accept the reality of the loss."

Symptoms of complicated grief include persistent efforts to ignore the grief and deny or "rewrite" what happened. Complicated grief increases the risk of physical and mental health problems like depression, anxiety, sleep issues, suicidal thoughts and behaviors, and physical illness.

How Does Avoidance Harm Your Health?

Margaret Stroebe, Ph.D., a bereavement researcher and professor of clinical psychology at Utrecht University, says that recent research has shed light on many of "the cognitive and emotional processes underlying complications in grieving, particularly rumination."

Research shows that rumination, or repetitive, negative, self-focused thought, is actually a way to avoid problems. People who ruminate shift attention away from painful truths by focusing on negative material that is less threatening than the truths they want to avoid. This pattern of thinking is strongly associated with depression.

Rumination and other forms of avoidance demand energy and block the natural abilities of the body and mind to integrate new realities and heal. Research by Stroebe, and others shows that avoidance behavior makes depression, complicated

My Grief is Like a River

My grief is like a river—
I have to let it flow,
But I myself determine
Just where the banks will go.

Some days the current takes me
In waves of guilt and pain,
But there are always quiet pools
Where I can rest again.

I crash on rocks of anger—
My faith seems faint indeed,
But there are other swimmers
Who know that what I need.

Are loving hands to hold me
When the waters are too swift,
And someone kind to listen
When I just seem to drift.

Grief's river is a process
Of relinquishing the past.
By swimming in Hope's channels
I'll reach the shore at last.

grief, and the physical health problems that go with them more likely. Efforts to avoid the reality of loss can cause fatigue, weaken your immune system, increase inflammation, and prolong other ailments.

How Do Role Adjustments Affect Your Health?

When someone close to you dies, your social role changes, too. This can affect your sense of meaning and sense of self.

Before losing Molly, Davis says she found a personal sense of value in "being good at helping other people and taking care of them." But after Molly died, she felt like she "couldn't help anyone for a while." Losing this role "dumped the bucket" of her identity "upside down." Davis says, "I felt like I had nothing to offer. So, I had to learn my value from other angles."

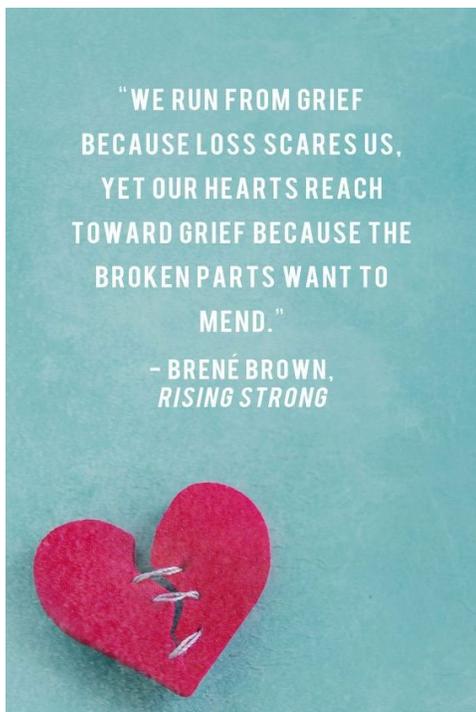
Caregivers face especially complicated role adjustments. The physical and emotional demands of caregiving can leave them feeling depleted even before a loved one dies, and losing the person they took care of can leave them with a lost sense of purpose.

"Research shows that during intense caregiving periods, caregivers not only experience high levels of stress, they also cannot find the time and energy to look after their own health," says Kathrin Boerner, PhD, a bereavement researcher and professor of gerontology at the University of Massachusetts in Boston.

"This can result in the emergence of new or the reemergence of existing 'dormant' health problems after the death of the care recipient. These health issues may or may not be directly related to the caregiver's grief experience, but they are likely related to the life situation that was created through the demands of caregiving," Boerner says.

It can be hard to make life work again after a close family member dies. Losing a partner can mean having to move out of a shared home or having to reach out to other loved ones for help, which can further increase emotional stress and worry. Strobe says the stress of adjusting to changes in life and health during and after a loss can "increase vulnerability and reduce adaptive reserves for coping with bereavement."

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!



What Can You Do to Cope With Grief?

Emotional and physical self-care are essential ways to ease complications of grief and boost recovery. Exercising, spending time in nature, getting enough sleep, and talking to loved ones can help with physical and mental health.

"Most often, normal grief does not require professional intervention," says Zisook. "Grief is a natural, instinctive response to loss, adaptation occurs naturally, and healing is the natural outcome," especially with "time and the support of loved ones and friends." Grief researchers emphasize that social support, self-acceptance, and good self-care usually help people get through normal grief. (Shear encourages people to "plan small rewarding activities and try to enjoy them as much as possible.") But the researchers say people need professional help to heal from complicated grief and depression.

Davis says therapy and physical activities like going for walks helped her cope. Social support helped most when friends tried to reach out instead of waiting or asking her to reach out to them.

"The thing about grief and depression and sorrow and being suicidal is that you *can't reach out*. For many people going through a hard time, reaching out is impossible. If your friend is in grief, reach out to them. Do the legwork. They're too exhausted!"

Davis' advice to most people who are grieving is to "Lean into it. You only get to grieve your loved one once. Don't spend the whole time trying to distract yourself or push it down. It *does* go away eventually, and you will miss feeling that connected to that person again. And if you feel like your whole life has fallen apart, that's fine! It totally has. Now you get to decide how to put yourself back together. Be creative. There's new life to be lived all around you."

WebMD News Special Report Published July 11th, 2019 on <http://www.webmd.com>

UPCOMING EVENTS:

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. While designed to provide members with information about the grieving process throughout the seven-week series, this workshop also provides a safe, supportive, and non-judgmental space for group members to share their experiences 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.

\$25/session or \$150.00 if prepaid in full in advance includes all materials, activities, and light refreshments at each meeting. Southwest Metro Denver Survivors of Suicide's Program Manager and Executive Director of The Hope Group, Charlotte Tankersley, is the workshop facilitator. A topical outline and registration information is available at www.survivingaftersuicide.com. Contact Charlotte at [720.745.9252](tel:720.745.9252) or charlotte@hope-group.org with any questions.

Suicide Intervention Skills Gatekeeper Training Workshop

Saturday, March 14th, 2020, 2:30 pm - 4:30 pm

Sheridan Public Library's Thersa 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 teaches 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, and we will have an opportunity to practice these new skills in a safe environment. We will also discuss 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 a 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 and Executive Director of The Hope Group, Charlotte Tankersley, is the workshop instructor. Space is limited, so register today! For more information, please visit www.denverqprtraining.com. You can also contact Charlotte at [720.745.9252](tel:720.745.9252) or charlotte@hope-group.org with any questions. *(Use the special discount code **SWMETDENSOS** when registering to receive \$5 off your registration fee, so the class is only \$20!)*

Mental Health Matters - Teen Mental Health Rally

Monday, February 17, 2020, 1:00 pm - 3:00 pm

Colorado Capitol Building Steps - 200 E. Colfax Ave., Denver, CO

For more information visit <http://bit.ly/teen-mhrally-20>

Cost: Free



Calling all Colorado Teens, and Adults! It's time to become an activist in your communities and lobby for meaningful change in our 2020 legislative session.

Join the rally, organized by Robbie's Hope Foundation, on Monday, February 17th, and learn about a plethora of bills that have been introduced into the General Assembly and hold the potential to make meaningful change in the mental health climate. Learn more about Robbie's Hope Foundation, an organization whose mission is to cut teen suicide rates in half by 2028, at www.robbies-hope.com.

2nd Annual Suicide Prevention Day at the Capitol

Monday, February 26th, 2020, 7:30 am - 12:30 pm

Miller Hall, First Baptist Church of Denver - 1375 Grant St. Denver, CO

For more information visit <http://bit.ly/2020-suicide-prevention-day-at-capitol>

Cost: Free



State Capitol Days bring together passionate volunteers to advocate for state policy changes that will improve mental health and prevent suicide. We will meet with our state legislators and their staff during the event to:

- Share with them why suicide prevention is important to YOU and your community
- Educate them about the work being done in your community to prevent suicide
- Teach them what more must be done to prevent suicide.

The event, sponsored by the Colorado chapter of the American Foundation for Suicide Prevention, the National Alliance for Mental Illness Colorado state chapter, the Suicide Prevention Coalition of Colorado and Mental Health Colorado, will include a brief training session on the basics of an effective advocacy visit and overview of current policy issues. Advocates will then have the opportunity to meet with various state legislators. Breakfast will be provided. Please email Heather Phipps at info@suicidepreventioncolorado.org with any questions about the event.

Love Your Life Art Event

Monday, February 24, 2020, 6:00 pm - 8:00 pm

Aurora Cultural Arts District - 1400 Dallas St., Aurora, CO

For more information visit www.catalively.org/love-your-life

Cost: Free; Donations will also be welcomed and warmly accepted



The Love Your Life Art Event is a suicide prevention fundraiser and community art event that features local high school and college student's artwork submitted under the general theme of "Love Your Life" and is in recognition that art is a means to reduce mental health and suicide stigma. Additionally, there will be \$500, \$250, and \$100 scholarships awarded to selected artists from the submitted artwork that is sponsored by local community organizations. Funds raised from artwork sold at the event will benefit the 501(c)(3) nonprofit organization Catalively.

Catalively works to eliminate suicide by providing research-based approaches and resources to unify communities touched by suicide. They engage people suffering from suicide through a proper assessment to connect them with valuable resources to reduce risk, providing innovative support at every opportunity to promote access to help and hope. More information about the organization is available at www.catalively.org, and more details about the event is available at www.catalively.org/love-your-life.

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 a curriculum and group activities that are specifically tailored to teens and their healing process. The group will meet on Tuesday nights from 6:30 pm - 8:00 pm as soon as we have eight teens interested in the group. The cost is \$50 for the seven-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 your teen or to have them placed on the waitlist, please contact the group facilitator, Charlotte Tankersley, at [\(720\) 745-9252](tel:7207459252) or charlotte@hope-group.org.

♥ Other Local Suicide Survivor Bereavement Support Groups ♥

***The following information below is provided as a courtesy and is as up to date as possible. Please follow up with the contact information provided to confirm the date, time, and location of the meeting you are interested in before attending.**

North Metro Denver HEARTBEAT

Collier Hospice Center @ Lutheran Medical Center
3210 N Lutheran Pkwy., Wheat Ridge

[720.300.8213](tel:7203008213)

7:00 pm - 9:00 pm; 1st Tuesday each month

East Metro HEARTBEAT

Heart Light Center
11150 E. Dartmouth Ave., Aurora

[303.755.2679](tel:3037552679) or [303.704.7482](tel:3037047482)

7:00 pm - 9:00 pm; last Tuesday each month

Southeast Littleton HEARTBEAT

Littleton Adventist Hospital
7700 S. Broadway, Littleton

[720.328.9229](tel:7203289229), [303.697.6984](tel:3036976984) or [303.378.5028](tel:3033785028)

7:00 pm - 9:00 pm; 2nd Thursday each month

Evergreen HEARTBEAT

Contact Leader for Location
Evergreen

[720.480.6672](tel:7204806672)

6:00 pm - 7:30 pm; 4th Thursday of the month

HEARTBEAT Survivors After Suicide CO Springs

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

[719.596.2575](tel:7195962575)

7:00 pm - 9:00 pm; 1st Tuesday each month

Parents Surviving Suicide - Denver

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

[303.252.6576](tel:3032526576)

7:00 pm - 9:00 pm; 3rd Tuesday each month

Parents Surviving Suicide Loss - Lakewood

Fox Point
13701 W. Jewell Ave., Lakewood

westsidepss@gmail.com

6:30 pm - 8:00 pm; 2nd Tuesday each month

Healing from Partner Suicide

Southfield Park Towers Office Complex
12835 E. Arapahoe Rd., Tower 2, Suite 410, Centennial

[303.954.9809](tel:3039549809)

6:30 pm - 8:00 pm; 2nd Friday each month

Longmont Suicide Survivors Support Group

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

[970.978.6802](tel:9709786802)

5:30 pm - 7:00 pm; 3rd Wednesday each month

Boulder HEARTBEAT/Sibling HEARTBEAT

Calvary Bible Church
3245 Kalmia Ave., Boulder

[720.244.9052](tel:7202449052)

♥ Additional Resources For Support For Those Who May Be Struggling ♥

Choose Life! - Choose Life! is an eight-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 more extensive support network through additional group activities - all of which are critical factors in reducing the chances that individuals will make an additional attempt or will go on to die by suicide. Choose Life! is held on Wednesday nights from 6:30 pm - 8:00 pm. The cost is \$25/session or \$150 for the eight weeks when paid in advance. 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 free monthly 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 a chronic mental health condition. Group 4F provides an opportunity to 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 Thersa 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 ten-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 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 thoughts. We gather monthly (2nd Thursday of the month from 6:30 pm - 8:00 pm in Study Room 2 of the Sheridan Public Library*) to meet with others in a safe environment free from the judgment 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.

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!

Teens Surviving, Striving & Thriving - Teens Surviving, Striving & Thriving is an eight-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 and will meet on Thursday nights from 6:30 pm - 8:00 pm. The cost is \$50 for the eight-week session. Please visit www.survive-strive-thrive.org/teens or 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 which is beginning soon.

♥ Online Resources for Suicide Prevention & Postvention Info and Support ♥

www.swmetrodenversos.com - Our Group Website
www.facebook.com/thehopegrouporg - Facebook
www.hope-group.org - Our Main Website
www.coloradocrisisservices.org
www.suicidepreventionlifeline.org
www.suicidepreventioncolorado.org

www.denverqprtraining.com
www.thesecondwindfund.org
www.afsp.org
www.suicidology.org
www.nami.org
www.allianceofhope.org

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: Mental Health Center of Denver - 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



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.

We all share a similar experience—the loss of someone close to us by a suicide death; and we believe race, sex, age, sexual orientation, gender identity or expression, military or veteran status, physical disability, presence of a mental

health disorder (a loved one's or our struggles), religion or politics should not be things that further divide us as we grieve. We gather together as fellow suicide 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 provides for our workshops and groups.

*The granting of permission by the Arapahoe Library District to use library facilities does not constitute an 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 Hope Group, please visit www.hope-group.org.

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