



## ♥ 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: 3<sup>rd</sup> Monday 7:00 pm - 8:30 pm  
Website: [www.swmetrodenversos.org](http://www.swmetrodenversos.org)  
Facebook: [www.facebook.com/swmetrodenversos](http://www.facebook.com/swmetrodenversos)  
Email: [info@swmetrodenversos.org](mailto:info@swmetrodenversos.org)

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

Facilitators:  
Jeannine Honey: 303.716.3025  
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Ted Mershon: 303.977.3037

## ♥ March/April 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. 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 painful loss. ♥

**Until the COVID-19 crisis is over, we will meet via Zoom. To join the meeting, visit: <https://zoom.us/j/278090979> or call (669) 900-6833 and enter the meeting id 278 090 979.**

Free mini-online course available from What's Your Grief:  
Coping With Grief From Home: 10 Day Challenge.

Visit <https://whats-your-grief.teachable.com/p/10-day-coping-with-grief-from-home-challenge> for more information.

*We are still looking for a few supplies for our groups and classes, and we're looking to expand our lending library.*

*Please take a peek at our Amazon Wish List*

*(<http://bit.ly/hope-wishes>)*

*if you're interested in helping to purchase books or supplies.*

*We greatly appreciate your generosity and support!*

## Suicide Grief: Healing After a Loved One's Suicide

By Mayo Clinic Staff

A loved one's suicide can be emotionally devastating. Use healthy coping strategies – such as seeking support – to begin the journey to healing and acceptance.

When a loved one dies by suicide, overwhelming emotions can leave you reeling. Your grief might be heart wrenching. At the same time, you might be consumed by guilt – wondering if you could have done something to prevent your loved one's death.

As you face life after a loved one's suicide, remember that you don't have to go through it alone.

### **Brace for powerful emotions**

A loved one's suicide can trigger intense emotions. For example:

- **Shock.** Disbelief and emotional numbness might set in. You might think that your loved one's suicide couldn't possibly be real.
- **Anger.** You might be angry with your loved one for abandoning you or leaving you with a legacy of grief – or angry with yourself or others for missing clues about suicidal intentions.
- **Guilt.** You might replay "what if" and "if only" scenarios in your mind, blaming yourself for your loved one's death.
- **Despair.** You might be gripped by sadness, loneliness or helplessness. You might have a physical collapse or even consider suicide yourself.
- **Confusion.** Many people try to make some sense out of the death, or try to understand why their loved one took his or her life. But, you'll likely always have some unanswered questions.
- **Feelings of rejection.** You might wonder why your relationship wasn't enough to keep your loved one from dying by suicide.

You might continue to experience intense reactions during the weeks and months after your loved one's suicide – including nightmares, flashbacks, difficulty concentrating, social withdrawal and loss of interest in usual activities – especially if you witnessed or discovered the suicide.

### **Dealing with stigma**

Many people have trouble discussing suicide, and might not reach out to you. This could leave you feeling isolated or abandoned if the support you expected to receive just isn't there.

Additionally, some religions limit the rituals available to people who've died by suicide, which could also leave you feeling alone. You might also feel deprived of some of the usual tools you depended on in the past to help you cope.

### **Adopt healthy coping strategies**

The aftermath of a loved one's suicide can be physically and emotionally exhausting. As you work through your grief, be careful to protect your own well-being.

- **Keep in touch.** Reach out to loved ones, friends and spiritual leaders for comfort, understanding and healing. Surround yourself with people who are willing to listen when you need to talk, as well as those who'll simply offer a shoulder to lean on when you'd rather be silent.
- **Grieve in your own way.** Do what's right for you, not necessarily someone else. There is no single "right" way to grieve. If you find it too painful to visit your loved one's gravesite or share the details of your loved one's death, wait until you're ready.
- **Be prepared for painful reminders.** Anniversaries, holidays and other special occasions can be painful reminders of your loved one's suicide. Don't chide yourself for being sad or mournful. Instead, consider changing or suspending family traditions that are too painful to continue.
- **Don't rush yourself.** Losing someone to suicide is a tremendous blow, and healing must occur at its own pace. Don't be hurried by anyone else's expectations that it's been "long enough."
- **Expect setbacks.** Some days will be better than others, even years after the suicide – and that's OK. Healing doesn't often happen in a straight line.

- **Consider a support group for families affected by suicide.** Sharing your story with others who are experiencing the same type of grief might help you find a sense of purpose or strength. However, if you find going to these groups keeps you ruminating on your loved one's death, seek out other methods of support.

### Know when to seek professional help

If you experience intense or unrelenting anguish or physical problems, ask your doctor or mental health provider for help. Seeking professional help is especially important if you think you might be depressed or you have recurring thoughts of suicide. Unresolved grief can turn into complicated grief, where painful emotions are so long lasting and severe that you have trouble resuming your own life.

Depending on the circumstances, you might benefit from individual or family therapy – either to get you through the worst of the crisis or to help you adjust to life after suicide. Short-term medication can be helpful in some cases, too.

### Face the future with a sense of peace

In the aftermath of a loved one's suicide, you might feel like you can't go on or that you'll never enjoy life again.

In truth, you might always wonder why it happened – and reminders might trigger painful feelings even years later. Eventually, however, the raw intensity of your grief will fade. The tragedy of the suicide won't dominate your days and nights.

Understanding the complicated legacy of suicide and how to cope with palpable grief can help you find peace and healing, while still honoring the memory of your loved one.

- Retrieved from: <https://www.mayoclinic.org/healthy-lifestyle/end-of-life/in-depth/suicide/art-20044900>

## UPCOMING EVENTS:

### Suicide Intervention Skills Gatekeeper Training Workshop

**Wednesday, June 17<sup>th</sup>, 2020, 6:30 pm - 8:30 pm**

Sheridan Public Library's Thersa 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 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. 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. It 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](http://www.denverqprtraining.com). You can also contact Charlotte at [720.745.9252](tel:720.745.9252) or [charlotte@hope-group.org](mailto: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!)*

## 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/togas](http://www.survivingaftersuicide.com/togas)

**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 tailored specifically 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](mailto:charlotte@hope-group.org).

## AFSP Denver Metro Out of the Darkness Community Walk

**Saturday, September 19<sup>th</sup>, 2020, 8:30 am - 12:00 pm**

Coors Field - 2001 Blake St., Denver CO

To donate or join our team, visit

<https://afsp.donordrive.com/team/thehopegroup>

**Cost: Free (Fundraiser for CO Chapter of AFSP)**



**American  
Foundation  
for Suicide  
Prevention**

The AFSP Colorado Chapter's Denver Metro Out of the Darkness Community Walk will take place on Saturday, September 19<sup>th</sup>, 2020, at Coors Field in Denver, CO. The Out of the Darkness Walk is a fundraising event to join our community of survivors of loss and individuals with lived experience to help support the American Foundation for Suicide Prevention's (AFSP) mission to save lives and bring hope to those affected by suicide. Money raised goes toward raising awareness, funding scientific research, and providing resources and support to those affected by suicide.

Please join team The Hope Group and walk with us as well as stop by our table at the resource fair to learn more about the services that The Hope Group offers the Denver-metro area in addition to Southwest Metro Denver Survivors of Suicide!

Join our team as a walker or donate to support the team by visiting our team website at <https://afsp.donordrive.com/team/thehopegroup> Your donation not only helps support the AFSP and their mission, but your donation also helps us fund our table at the resource fair! (And your donation is 100% tax-deductible!) Share the link with your friends and family, and don't forget to join us at the walk in September!

## ♥ Other Local Suicide Survivor Bereavement Support Groups ♥

The following information below is provided as a courtesy and is as up to date as of February 2020. Please follow up with the contact information provided to confirm the date, time, and location of the meeting you are interested in before attending. **Please note: Some of these groups may be meeting virtually or have suspended their meetings temporarily due to COVID-19, so please be sure to double-check meeting dates/times/locations before attending!**

**North Metro Denver HEARTBEAT**  
Collier Hospice Center @ Lutheran Medical Center  
3210 N Lutheran Pkwy., Wheat Ridge  
[720.300.8213](tel:720.300.8213)  
7:00 pm - 9:00 pm; 1<sup>st</sup> Tuesday each month

**East Metro HEARTBEAT**  
Heart Light Center  
11150 E. Dartmouth Ave., Aurora  
[303.755.2679](tel:303.755.2679) or [303.704.7482](tel:303.704.7482)  
7:00 pm - 9:00 pm; last Tuesday each month

**Southeast Littleton HEARTBEAT**  
Littleton Adventist Hospital  
7700 S. Broadway, Littleton  
[720.328.9229](tel:720.328.9229), [303.697.6984](tel:303.697.6984) or [303.378.5028](tel:303.378.5028)  
7:00 pm - 9:00 pm; 2<sup>nd</sup> Thursday each month

**Evergreen HEARTBEAT**  
Contact Leader for Location  
Evergreen  
[720.480.6672](tel:720.480.6672)  
6:00 pm - 7:30 pm; 4<sup>th</sup> Thursday of the month

**HEARTBEAT Survivors After Suicide CO Springs**  
East Methodist Church  
1505 E. Monument St., Colorado Springs  
[719.596.2575](tel:719.596.2575)  
7:00 pm - 9:00 pm; 1<sup>st</sup> Tuesday each month

**Parents Surviving Suicide - Denver**  
Bethany Lutheran Church  
4500 E. Hampden Ave., Cherry Hills Village  
[303.252.6576](tel:303.252.6576)  
7:00 pm - 9:00 pm; 3<sup>rd</sup> Tuesday each month

**Parents Surviving Suicide Loss - Lakewood**  
Fox Point  
13701 W. Jewell Ave., Lakewood  
[westsidepss@gmail.com](mailto:westsidepss@gmail.com)  
6:30 pm - 8:00 pm; 2<sup>nd</sup> 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:303.954.9809)  
6:30 pm - 8:00 pm; 2<sup>nd</sup> Friday each month

**Longmont Suicide Survivors Support Group**  
Longmont Sr. Center  
910 Longs Peak Ave., Room G, Longmont  
[970.978.6802](tel:970.978.6802)  
5:30 pm - 7:00 pm; 3<sup>rd</sup> Wednesday each month

**Boulder HEARTBEAT/Sibling HEARTBEAT**  
Calvary Bible Church  
3245 Kalmia Ave., Boulder  
[720.244.9052](tel:720.244.9052)

## ♥ 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., while providing the opportunity to build a more extensive support network. These are critical factors in reducing the chances that individuals will make an additional suicide attempt or will go on to take their own life. 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 group facilitator Charlotte Tankersley 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.

**Do you have extra time on your hands with the stay-at-home order?  
If you're looking for a new book to read, 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!**

**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](mailto:charlotte@hope-group.org) with any questions. *(Until the COVID-19 crisis is over, Group 4F will meet via Zoom. For the meeting information, please email Charlotte or visit the group's website at [www.group4f.org](http://www.group4f.org)).*

**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 pain. 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 thoughts. We gather monthly (2<sup>nd</sup> 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](http://www.survive-strive-thrive.org) or call [720.745.9252](tel:720.745.9252) and speak with Charlotte

**I DON'T KNOW WHY**  
Iris Bolton

I don't know why...  
I'll never know why...  
I don't have to know why...  
I don't like it...  
I don't have to like it...

What I do have to do is make a choice about  
my living.  
What I do want to do is accept it and go on  
living.  
The choice is mine.  
I can go on living, valuing every moment in a  
way I never did before,  
Or I can be destroyed by it and, in turn, destroy  
others.  
I thought I was immortal, that my family and  
my children were also.  
That tragedy happened only to others...  
But I know now that life is tenuous and  
valuable.  
And I choose to go on living, making the most  
of the time I have,  
Valuing my family and friends in a way never  
possible before.

(Program Manager of SW Metro Denver SOS and Executive Director of The Hope Group) for more information. *(Until the COVID-19 crisis is over, Surviving, Striving & Thriving will meet via Zoom. For the meeting information, please email Charlotte or visit the group's website at [www.survive-strive-thrive.org](http://www.survive-strive-thrive.org)).*

**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](http://www.survive-strive-thrive.org/teens) or 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 which is beginning soon.

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

[www.swmetrodenversos.com](http://www.swmetrodenversos.com) - Our Group Website  
[www.facebook.com/thehopegrouporg](https://www.facebook.com/thehopegrouporg) - Our Facebook  
[www.hope-group.org](http://www.hope-group.org) - Our Main Website  
[www.coloradocrisisservices.org](http://www.coloradocrisisservices.org)  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)  
[www.suicidepreventioncolorado.org](http://www.suicidepreventioncolorado.org)

[www.denverqprtraining.com](http://www.denverqprtraining.com)  
[www.thesecondwindfund.org](http://www.thesecondwindfund.org)  
[www.suicidology.org](http://www.suicidology.org)  
[www.afsp.org](http://www.afsp.org)  
[www.nami.org](http://www.nami.org)  
[www.allianceofhope.org](http://www.allianceofhope.org)

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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: [888.273.8255](tel:888.273.8255), 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 “HELLO” 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: 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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## Normal Grief vs. Not So Normal Grief

By Litza Williams of [www.whatsyourgrief.com](http://www.whatsyourgrief.com)

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Though I have done no official research, I feel fairly sure most people who experience a significant loss go through moments of believing they have totally lost their minds. After spending most of your life feeling relatively "normal", it can be slightly terrifying to one day spiral into the unknown territory of grief.

We have spent plenty of time assuring the thousands of people out there who are feeling crazy after a loss that it is usually normal-grief-crazy, even when it doesn't feel like it. We have a whole post on how [grief makes you feel crazy!](http://www.whatsyourgrief.com/grief-makes-you-crazy/) (<http://www.whatsyourgrief.com/grief-makes-you-crazy/>) But every now and again, the normal-grief-crazy becomes more than that. It takes on a life of its own and it becomes something that requires more support than can be found from friends and family, books, church, websites, journals, or time.

Grief that becomes debilitating and all-consuming may be considered *complicated grief*. Of course, all grief is complicated, but this is the label that has been given to grief associated with the responses described in the section below.

### What is Complicated Grief?

Hypothetical Case Study: You feel like total crap. Life feels impossibly overwhelming. You are irrationally angry. You are crying every day. You can't imagine it will get better.

Is this normal grief or complicated grief? Sometimes it feels like a coin toss, even to us professionals. Because the reality is that in the early days after a loss, it is normal to have the symptoms described above. So the question becomes, how can you figure out if you (or your friend or family member) may be in need of professional grief support? My first thought about this: we could all use a little bit of therapy! There really isn't a threshold one *has* to hit in order for therapy to be beneficial. So if you are thinking about grief counseling, why not give it a go? It is an opportunity to spend time on yourself, learn some things about yourself, and get out of the house. What do you have to lose?

That said, if it has been more than a few months and your symptoms seem the same or more severe than immediately following the loss, this could be a reason to consider professional help. At the Columbia University School of Social Work, they are conducting extensive research around complicated grief. It may be helpful to consider the signs of complicated grief outlined by Columbia University researchers:

- Strong feelings of yearning or longing for the person who died
- Feeling intensely lonely, even when other people are around
- Strong feelings of anger or bitterness related to the death
- Feeling like life is empty or meaningless without the person who died
- Thinking so much about the person who died that it interferes with doing things or with relationships with other people
- Strong feelings of disbelief about the death or finding it very difficult to accept the death
- Feeling shocked, stunned, dazed or emotionally numb
- Finding it hard to care about or to trust other people
- A feeling of constant fear and anxiety.
- Feeling very emotionally or physically activated when confronted with reminders of the loss
- Avoiding people, places, or things that are reminders of the loss
- Strong urges to see, touch, hear or smell things to feel close to the person who died

They suggest that three or more of these symptoms persisting beyond 6 months may be an indicator of complicated grief and a reason to consider professional support. There are certain factors that could put you at greater risk of having complicated grief. Having experienced one of these risk factors by no means is an indicator that you will experience complicated grief. It just means you are a little more likely.

Some of these factors include things like experiencing an unexpected or violent loss, a loved one dying by suicide, a lack of support system, or past traumatic losses. To learn more about Columbia University's research, visit <http://www.complicatedgrief.org/>

### What Now?

If you have just read over this and thought, "oh crap, this sounds like me (or a friend or family member)" you may be asking what to do next. Please see our guide to seeking grief support [here \(https://whatsyourgrief.com/finding-a-grief-counselor/\)](https://whatsyourgrief.com/finding-a-grief-counselor/). It is a lot easier than you may think to get help. Really.

- Retrieved from <https://whatsyourgrief.com/normal-or-no-so-normal-grief/>

## 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. 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 one another with mutual support as they discuss difficulties coping with their shared losses, and can seek opportunities to learn new ways of approaching challenges from others who have similar experiences.

We all share a similar experience—the loss of someone close to us by a suicide death and we believe that 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 who we've lost does not matter. Our group exists as a safe 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 always 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](#)) 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. **Until the COVID-19 crisis is over, we will meet via Zoom. To join the meeting, visit: <https://zoom.us/j/278090979> or call (669) 900-6833 and enter the meeting id 278 090 979.**

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](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 Hope Group, please visit [www.hope-group.org](http://www.hope-group.org).



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

