



♥ 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  
Shirley Johnson: 303.507.6252  
Ted Mershon: 303.977.3037

*We have an online shop with suicide awareness buttons, key fobs, jewelry and more. 100% of the proceeds benefit Southwest Metro Denver Survivors of Suicide & The Hope Group!*

**Visit today!**

[www.etsy.com/shop/talanaestreasures](http://www.etsy.com/shop/talanaestreasures)



♥ May/June 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 during our regularly scheduled meeting time on the 3<sup>rd</sup> Monday of the month from 7:00 pm - 8:30 pm. To join the meeting, visit: <https://zoom.us/j/278090979> or call (669) 900-6833 and enter the meeting id 278 090 979.**

**[NEW Virtual Support Group!!!](#)**

**Southwest Metro Denver Survivors of Suicide Online** meets on the first Thursday each month via Zoom and will continue to meet online after COVID-19 crisis is over.

Meetings are held from 7:00 pm - 8:30 pm on the first Thursday each month.

To join the meeting, visit <https://us02web.zoom.us/j/85197318864> or call (669) 900-6833 and enter the meeting id 851 9731 8864.

This is separate from our regular monthly meeting that is held on the 3<sup>rd</sup> Monday of the month and has a different meeting link.

**Our next virtual meeting is Thursday July 2<sup>nd</sup> at 7:00 pm.**

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## Comforting a Suicide Survivor: A [Non-Comprehensive] List of Dos and Don'ts

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Below is a non-comprehensive list of things to do and things not to do to comfort survivors after a suicide loss that was adapted from list in the back of Iris Bolton's book *My Son, My Son: A Guide to Healing after Death, Loss or Suicide* and also from a list compiled by Linda Pearce, mother to Glenn Pearce (12-12-1975 to 4-27-1997) and member of Parents Surviving Suicide, a local suicide bereavement group that meets on the 3<sup>rd</sup> Tuesday each month at Bethany Lutheran Church. Her list was originally published in their June 2005 newsletter.

Some people have found it to be helpful to give this list to loved ones during this difficult time to better help express their needs, because as Linda expressed in that newsletter, "Like many of us who really didn't choose to read much about suicide or try to learn much about it until it happened to us, I doubt if very many of our extended families or friends will read Iris's book or any other about suicide."

### DO LIST

- Give them all the understanding and love that you can.
- Give them your time. Be there for them as often as you can.
- Let them talk about whatever they are feeling or thinking, and to express their grief.
- Offer ideas, but not advice, and let them decide what they want to do and when they want to do it.
- They may become tired easily. Help them not feel guilty for resting.
- Help them keep the mail (bills, cards, notices) straight if they don't mind your assistance.
- Take them out to dinner. This can be a welcome break in routine, and an opportunity to put a brief pause in the grieving process.
- Pay attention to brothers, sisters, and grandparents during the funeral and for the months following the funeral.
- Listen when they want to tell you about the special talents and qualities of the loved one who died by suicide.
- Mention their loved one by name, and when appropriate, share your own stories and memories about their loved one and how you remember them.

### DON'T LIST

- Don't assume you know best or know how they feel.
- Don't make comparisons to your own loss of a parent, child, friend, etc. who did not die by suicide.
- Don't tell them how they should feel or try to change their feelings. Let them feel whatever they are feeling, whenever they are feeling it. Feelings are personal and individualized.
- Don't tell them this was God's will or preach to them. They will draw strength from their own faith if that is important to them.
- Don't give them your pills or personal medications. Let the professional who they choose to visit recommend medications if they need them.
- Don't change the subject if they want to talk about their lost loved one.
- Don't be afraid to mention their loved one by name.
- Don't take over their responsibilities or activities except when they request your assistance.
- Don't stop visiting or calling them.
- Don't alter their loved one's room or belongings.
- Do not point out the fact that they have other children if the loss was a child. Children are not interchangeable.
- Don't add to their feelings of guilt by pointing out things that could have been done differently.

*The greatest gift you can give someone is your time,  
your attention, your love, and your concern.*

*-Joel Osteen*

## UPCOMING EVENTS:

### Southwest Metro Denver Survivors of Suicide Online Support Group Meeting

*Thursday, July 2<sup>nd</sup>, 2020, 7:00 pm - 8:30 pm*

Online via Zoom

Join at <https://us02web.zoom.us/j/85197318864> or call (669) 900-6833 and enter the meeting id 851 9731 8864

**Cost: Free**

Join us for our first virtual support group meeting on the first Thursday of the month from 7:00 pm - 8:30 pm. Technically it's not our first virtual support meeting since we've been meeting via Zoom for the past several months on the 3<sup>rd</sup> Monday each month, however this meeting is our first official meeting that is going to keep being a virtual support meeting! Even after we return to in-person meetings on the 3<sup>rd</sup> Monday, this Thursday night meeting will keep meeting via Zoom. Join in at <https://us02web.zoom.us/j/85197318864> or call (669) 900-6833 and enter the meeting id 851 9731 8864. **Please note that this is a different meeting address than our Monday night meeting so make sure you are clicking on the correct meeting link for the night you are trying to attend!**

### Southwest Metro Denver Survivors of Suicide Support Group Meeting

*Monday, July 15<sup>th</sup>, 2020, 7:00 pm - 8:30 pm*

Online via Zoom

Join at <https://zoom.us/j/278090979> or call (669) 900-6833 and enter the meeting id 278 090 979

**Cost: Free**

Join us for our regular support group meeting on the third Monday of the month during our normal meeting time of 7:00 pm - 8:30 pm. This group is in place of our normally in-person meeting, but we're meeting via Zoom due to COVID-19 physical distancing requirements. We will resume our normal in-person meetings at Littleton Adventist Hospital on the 3<sup>rd</sup> Monday of the month as soon as it is safe to do so. Join in at <https://zoom.us/j/278090979> or call (669) 900-6833 and enter the meeting id 278 090 979. **Please note that this is a different meeting address than our Thursday night meeting so make sure you are clicking on the correct meeting link for the night you are trying to attend!**

### Suicide Intervention Skills Gatekeeper Training Workshop

*Wednesday, September 9<sup>th</sup>, 2020, 6:30 pm - 8:30 pm*

*Saturday, September 12<sup>th</sup>, 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](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!)*

## **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

### **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

### **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

### **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

### **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

### **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. We also have a virtual group that meets on the 4<sup>th</sup> Thursday of the month via Zoom from 6:30 pm - 8:00 pm. 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. *(Until the COVID-19 crisis is over, our in-person 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. 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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## Newly Bereaved...A Time to Grieve...A Time to Heal

By Dana Gensler

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*Editor's note: While this article was written for bereaved parents, I believe it is equally applicable for all survivors, regardless of who you have lost*

Have you ever noticed the many mixed-up (confusing) emotions involved in grieving? On one hand, you feel restless. On the other hand, you feel like you don't want to move at all. You feel desperately alone, and yet, you don't want anyone around. You feel scatter-brained, forgetful, and yet, frantically meticulous. You feel like crying at nothing and sometimes laugh at anything. (Or do I have that backwards?) Being in a crowd of people is fine as long as they don't talk to you. And yet if they don't talk to you, you feel as if nobody cares. You want desperately for someone to mention your child, to remember the life that once was. And yet it can make you furious if all they want to talk about is the dead one and never mention the living ones.

Grief settles over you like a hot blanket. You're as cold as winter snow. Grief passes over you like a steamroller. You're floating in a bubble over yourself. Grief boxes you in on four sides and introduces you to pain no one should have to know. But then, once again, you begin to feel compassion. You relate to other parents who have had an experience similar to your own. And eventually with a light as sharp as a sunburst, you hear yourself saying your child's name with an unfamiliar smile on your face. You remember some of the funny times, and feel laughter building in your throat.

One morning you notice the sun is shining, the flowers are bursting with the colors of spring. Three seasons have passed unnoticed, and somehow, you are still here. Even though your child is still there. You feel your heart swell with a love you never knew could exist. And you find a place in your life for something called (dare I say) peace...?

And then, ever so gently, the memories enfold you in warmth as soothing as a cool shower on a hot summer day, so you find you want to remember. And tender memories of love lift you to unreachable heights, to the brightest of stars, to the loveliest touch of your child.

-The Compassionate Friends, South Central KY

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### 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 Online meets from 7:00 pm - 8:30 pm on the 1<sup>st</sup> Thursday every month via Zoom.** Unlike our in-person meeting (see below) this is a virtual meeting and it will continue to meet online even after the COVID-19 crisis is over. **To join the meeting, visit <https://us02web.zoom.us/j/85197318864> or call (669) 900-6833 and enter the meeting id 851 9731 8864.** *Please note that this is a different link than our Monday night meeting.*

**Southwest Metro Denver Survivors of Suicide meets from 7:00 pm - 8:30 pm on the 3<sup>rd</sup> 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, our in-person group will be meeting 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.** *Please note that this is a different link than our Thursday night meeting.*

We want you to know that we are here for you and hope you will join us at one of our next meetings.



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).

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

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