

HEALING CIRCLE

You are welcome to this circle where we hope you may find space to grieve, to search, to listen and to reach out.

Each one of us brings here a story, the story of our brokenness and sorrow, the story of our survival and our need to get more out of life.

We came here to be with people who understand our struggle and our hurt. We, too, have tears in our eyes and pain in our hearts.

This is a sacred place where we can explore our feelings - our loneliness, our shock, our anger, our guilt, our sadness or whatever is hurting us inside. This is a place where we can share our humanity and to find strength and inspiration in each other.

Let us remember that each one of us is at a different point in our journey; let us respect where each one is and let us learn from one another.

Although we remain deeply wounded people, let us find comfort and healing in what we believe and in our ability to care for each other.

Father Arnaldo Pangrassi



*For the person you lost, the
pain is over.
Now it is time to start
healing yours.*

SHARING AND HEALING

There is so much that we have yet to learn and much that we can teach...much that we have been given and much that we can give.

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 children and my family 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, and valuing my family and friends in a way I never experienced before.

*Iris Bolton, Survivor and
Author, "MY SON, MY SON"*



SURVIVORS OF SUICIDE

a program of
EMPACT-SUICIDE PREVENTION CENTER
618 S. Madison Drive
Tempe, Arizona 85281
www.empact-spc.com

(480) 784-1514, extension 1108

24-HOUR CRISIS LINE:

(480) 784-1500 or 1-800-SUICIDE

SOS



Survivors of Suicide

***Program of support for those who
have lost a family member or friend to
suicide.***



For every person who completes suicide, at least 25 people are intimately affected by the death. Many people in our culture are uncomfortable talking about death, and their discomfort is magnified when the death is a suicide. The result is that survivors have little support from friends or the community. The survivors experience a sense of isolation, shock, anger, guilt, depression and alienation due to the stigma attached to suicide.

Survivors of Suicide (SOS) is a support program for those whose common bond is the loss of a loved one by suicide. This program allows members to have the emotional support of others who have shared the trauma of this event. The focus of the program is on emotional healing and survival.



EMPACT - SUICIDE PREVENTION CENTER

SURVIVORS OF SUICIDE GROUPS

These are groups for family members and friends who have experienced the loss of a loved one to suicide. While we focus on the grief and coping relating to losing a loved one, this is not a recovery group for those who have attempted suicide themselves. There is no fee, but donations are welcomed.

After a suicide, survivors need acceptance when there is often so much rejection, approval when there is so much disapproval, direction where there is confusion. Members of a surviving family need help from others because their own grief makes it difficult for them to support one another.

It is possible that your first reaction is one of concern that you cannot talk in front of others, that you won't receive much attention or that your feelings will be exposed. Such concerns are quite normal, but unwarranted.

The groups do not provide a "quick fix" for grief. Grief is something that each individual has to work through. The group provides a safe place for survivors.



“ This group helps me so much. I hate to ever have to miss it. The other group members are so understanding and they know how I feel.”

Survivor, Glendale Group

SOS GROUPS—MARICOPA COUNTY

TEMPE SOS GROUP

1st and 3rd Thursday 7:00 pm - 9:00 pm
EMPACT-SPC Tempe Office
618 S. Madison Drive, Tempe
Ashley Van Galder and Thomas Brown, Facilitators

EAST MESA SOS GROUP

2nd and 4th Thursday 6:00pm—8:00 pm
Red Mountain Multigenerational Center
7550 E. Adobe Rd., Mesa (Off of Power Road)
Nanci Alexander, Rob Groover, and Sue Berghaus
Facilitators

PARADISE VALLEY SOS GROUP

1st and 3rd Wednesday 6:30 pm - 8:30 pm
Paradise Valley Hospital/Abrazo Healthcare
3929 E. Bell Rd, Phoenix
Cay Randall-May, Jud May, Dawn Perkinson,
and Barbara Johnson, Facilitators

PHOENIX/SCOTTSDALE SOS GROUP

2nd and 4th Wednesday 7:00 pm - 9:00 pm
Prince of Peace Church
3641 N. 56th St., Room 11 or 12, Phoenix
(North of Indian School)
Jill McMahan, Alexis Choppi, and Steve Weckstein,
Facilitators

WEST VALLEY SOS GROUP

2nd and 4th Tuesday 7:30 pm - 9:30 pm
EMPACT-SPC Glendale Office
4425 W. Olive, Suite 194, Glendale
Lisa Nail, Facilitator

QUEEN CREEK SOS GROUP

1st and 3rd Wednesday 7:00pm—8:30pm
AMADEO Church
21805 S. Ellsworth Rd., Queen Creek
(NE corner of Ocotillo & Ellsworth—shopping center)
Bob Adelfson, Facilitator

SOS GROUPS- NORTHERN AND SOUTHERN ARIZONA

PRESCOTT SOS GROUP—New Time!

Last Monday 6:00 pm—8:00 pm
First Congregational Church
216 E. Gurley Street, Prescott
Anne Marie Boutin and Tina Blake, Facilitators

TUCSON SOS GROUP—

2nd and 4th Monday 6:00 pm - 8:00 pm
La Frontera Office
1101 E. Broadway, Suite 130, Tucson
Maureen Howard and Kris Masalsky,
Facilitators

ADDITIONAL SERVICES:

- *Individual Support*
- *Therapy for Adults/families, including EMDR*
- *LOSS (Local Outreach to Suicide Survivors) Teams*
- *SOS Annual Conference / Walk*
- *Community Education*
- *SOS Volunteer Program*

*For more information, please call
Jill McMahan, SOS Counselor, at
(480) 784-1514, extension 1108*

“Suicide is not something that happens to someone else. The effects ripple like a wave throughout the victim’s network of family, friends, and colleagues.”

*Dr. Ilene Dode, Founder
EMPACT -Suicide Prevention Center*