STATE-WIDE SOS GROUP LOCATIONS

TEMPE SOS GROUP
1st and 3rd Thursday
7:00 pm - 9:00 pm
EMPACT-SPC
618 S. Madison Dr, Tempe

EAST MESA SOS GROUP
2nd and 4th Thursday
6:00 pm — 8:00 pm
Red Mountain Multigenerational Center
7550 E. Adobe Rd, Mesa

PARADISE VALLEY SOS GROUP - NEW TIME!
1st and 3rd Wednesday
6:30 pm - 8:30 pm
Paradise Valley Hospital/
Abrazo Healthcare
3929 East Bell Rd, Phoenix

PHOENIX/SCOTTSDALE SOS GROUP
2nd and 4th Wednesday
7:00 pm - 9:00 pm
Prince of Peace Church
3641 N. 56th St, Phoenix

WEST VALLEY SOS GROUP
2nd and 4th Tuesday
7:30 pm - 9:30 pm
EMPACT-SPC
4425 W. Olive, Suite 194
Glendale

QUEEN CREEK SOS GROUP
1st and 3rd Wednesday
7pm — 8:30pm
AMADEO Vineyard Church
21805 S. Ellsworth Rd.
Queen Creek

TUCSON SOS GROUP
2nd and 4th Monday
6pm — 8pm
La Frontera Office
1101 E. Broadway, Suite 130
Tucson

PRESCOTT SOS GROUP
Last Monday
6pm — 8pm
First Congregational Church
216 E. Gurley St. Prescott

2nd Annual Golf Classic to Support Survivors of Suicide

Saturday, August 1, 2015
$75.00 per person
(Includes Golf, Cart, and Lunch Buffet)
Foursome/Best Ball Scramble

Apache Wells Country Club
5601 E. Hermosa Vista Dr. Mesa, AZ
480-830-4725

Check in 7:00 am
Shot Gun Start 8:00 am

Prizes: Longest drive, Closest to the Pin,
Longest Putt, & Raffle Prizes.

Hole-in-One Prize – A New Mercedes!

To register, please contact:
Sandra.McNally@empact-spc.com
EXCERPTS FROM: CHILD SURVIVORS OF SUICIDE

A Guidebook For Those Who Care For Them.
by Rebecca Parkin with Karen Duinne-Maxim.
(available from the New Jersey Chapter of
American Foundation for Suicide Prevention)

What do I tell the children? Children need to be told the truth in a way that is honest and straightforward. They should be told of the suicidal nature of the death from the beginning in a way that they can understand. If possible, you may wish to rehearse what needs to be said to be sure that your statements will be honest and supportive. Repeat the facts if necessary and check to see whether they have understood what you have said.

As an example, one mother told her young child that "Daddy had something like a heart attack except it was a brain attack. Some sickness came over his brain and made his thinking unclear. He was not in his right mind when he ended his life."

Let them express their feelings. Listen to and address their questions and concerns. If the children can't keep listening to you, recognize that this is a normal way for many people to handle painful facts. Stop and let them know that they can approach you at any time if they want to talk about it later.

Rationale: Withholding the truth from children interferes with the grieving process. Children can work through the trauma best when they are told the truth and have their feelings acknowledged and accepted as they are. Answer questions in way that fit the child's developmental stage and concept of death. Emphasize that the death has nothing to do with anything the child did and does not mean that the deceased didn't love them.

What reactions should I expect? Children may experience the same range and intensity of feelings that many adults do. These may include shock, numbness, denial, sadness, anger, anxiety, shame and guilt. (See the chart at the end of the booklet.) Children may express their feelings by crying, withdrawing, laughing, or expressing anger at you or others.

Rationale: All of these reactions are normal. They are based on the child's experiences and concepts of death. The children need your tolerance as they resolve their confusion and frightening feelings. Preschoolers tend to believe that death is temporary and reversible. A common question may be "Will Daddy be home for Christmas?" Elementary school children begin to recognize that death is permanent, but they tend to personify death as a ghost or monster who will snatch children away.

How can I help the children? However the children respond, they need to know that they may express their feelings openly without being condemned, and that you will support them emotionally as they handle the experience. Like you, the children need time to understand and live through their reactions. Including younger children in what's going on may help reduce their fears of losing you. Older children may be comforted by your listening and validating their concerns and by encouraging and helping them return to routine activities with their peers.

Rationale: Children have less experience to make sense of their reactions and know fewer ways to express their feelings. The confusion of feelings may be masked by their behavior, which may appear "as usual". Children may not show grief by crying, being sad or behaving as we might expect. In fact, continuing their routine play or activities may be the best way the child knows to control and reduce confusing and frightening feelings.
My name is Randall Stepp and on October 14th, 2010, my life was changed forever. That is the day that I lost my son and only child Brandon to suicide.

Brandon was 15 years old and he was not only my son but also my best friend. After losing him I began to write poetry to deal with the flood of emotions that comes with a loss to suicide. My collection of poems eventually turned into my self published book, "Losing a Son to Suicide, A poetic journey through grief."

I frequently share my poems at my local S.O.S. Group and they seem to provide comfort and reassurance to the newly bereaved that what they are feeling is completely normal.

The book is available online at Amazon.com for $5.99.

Randy Stepp, Elizabethtown, KY
Volunteer Spotlight: Nanci Alexander

My name is Nanci Alexander.

I lost my 24 year old son, Chris, to suicide in 2007.

I have been volunteering for EMPACT-SPC as a Mesa SOS support group facilitator for about 6 years and am a member of the LOSS (Local Outreach to Suicide Survivors) team.

I am currently working on my bachelor's degree in Psychology. I hope to utilize my ability to connect with people and my degree to continue helping individuals who have been impacted by loss resulting from suicide.

I am an active participant in helping raise awareness about the issue of suicide and its stigma, and educating the community about warning signs of suicide and how to intervene.

I look forward to continuing my volunteer work with EMPACT-SPC and growing with them as they become a leader in prevention and postvention.
"How to Help Me Grieve"

By Vivian Sagert

"Be There for Me" – I feel alone, in pain. I need a friend.

"Share My Sorrow" – Speak from your heart. I have to talk about my feelings.

"Touch Me" – I need a hug, your hand, your love.

"Let Me Grieve" – Listen to me, I need to cry. We all grieve in our own way and in a different time frame.

"Keep Their Memory Alive" – It’s always on my mind. I have so many memories.

"Don’t Desert Me" – Don’t desert me after the 1st or 2nd week. I need you, especially on holidays.

"Take Care of Yourself" – I need to depend on you.

"Help Me Heal" – Involve me, listen to me months later. I need your interest and invitations.

"Be My Friend" – Don’t be afraid of me or my grief. It’s OK to cry. Lastly, please don’t criticize me until you have walked in my Shoes – instead, “Pray For Me.”

Reprinted from friendsforsurvival.org—March 2015

SOS Memorial Quilts

EMPACT-SPC has begun working on the 7th Memorial Quilt. If you are interested in having your loved one appear on this next quilt, please email the following information to

Sandra.McNally@empact-spc.com

• A picture or pictures of your loved one that you want to use on the quilt.

• Full name of your loved one.

• Dates of your loved one’s birth and death.

• A message you would like included – it can be anything but needs to fit on an 8” x 8” square with the picture (s).
For more information, contact:

Sandra McNally, Prevention Manager
EMPACT SPC
618 S. Madison Drive
Tempe, AZ 85281
Phone: 480-784-1514, ext. 1219
E-mail: Sandra.McNally@LaFrontera-EMPACT.org

Your Partner for a Safe, Strong, and Healthy Community.

Resources:

Crisis/Suicide Hotlines:
● La Frontera Arizona/EMPACT-SPC: 480-784-1500
● National Lifeline Network: 800-273-TALK
● Mercy Maricopa Crisis Hotline: 800-631-1314

Internet Resources:
● American Association of Suicidology: www.suicidology.com
● American Foundation of Suicide Prevention: www.afsp.org

Save the Date!
10th Annual Jeremyah Memorial 5K Walk/Run to Support Survivors of Suicide
Saturday, February 6, 2016
Kiwanis Park, Tempe