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
1st and 3rd Wednesday
6:30 pm – 8:30 pm
Paradise Valley Hospital/Abrazo Healthcare
3929 E. 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

In Northern AZ:
PRESCOTT SOS GROUP
Last Monday
6pm – 8pm
First Congregational Church
216 E. Gurley St, Prescott

NEW Group in Sedona -
Call for information:
480-784-1514, ext. 1108

Survivors of Suicide Newsletter
Stay Connected

SUMMER EDITION 2016

3rd Annual Golf Classic to Support Survivors of Suicide
Saturday, June 25th, 2016
$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
Hole-in-One Prize – A New Mercedes!

To Register: please visit our website to download registration form:
www.empactsos.org (click on link for “Events”)
Survivors of Suicide Come Together for the “Hope and Healing” Conference

On Saturday, May 21st, EMPACT-SPC sponsored the 17th Annual Arizona Survivors of Suicide Conference, in partnership with the AZ Chapter of the American Foundation for Suicide Prevention, and sponsored by Crisis Response Network.

Held at the Desert Willow Conference Center in the Phoenix/Tempe area, both Survivors and professionals attended from around the state. In the morning, participants viewed the AFSP Survivor Documentary, “Family Journeys: Healing and Hope after a Suicide.” Also, local Survivors served on a panel discussion, sharing their experiences about losing a loved one to suicide, their struggles in the immediate aftermath, and how they have learned to cope with their loss over time.

In the afternoon, breakout sessions were held on various topics, such as: “Finding your Vision”, “No Time for Goodbye: Coping Spiritually with Tragic Death Experiences”, and “Healing and Health after the Loss of a Loved One to Suicide.” Local professionals—Mary Delaney, Ph.D. and Patti Milligan, MS, RD—shared their knowledge about ways of coping and healing after the tragedy of a suicide.

For more information about EMPACT-SPC’s Survivors of Suicide Program, please contact 480-784-1514, ext. 1108 or visit www.empactsos.org

Survivor Research Study: Michael D. Anestis, Ph.D., from the University of Southern Mississippi, is conducting a research study that asks suicide loss survivors about traits of their loved one and specific aspects of their loved one’s death. If you are interested in participating in this 5-10 minute survey, the link to the survey is: https://usmep.co1.qualtrics.com/SE/?SID=SV_9u8HKV4Fpn3Kjzf
Alliance of Hope for Suicide Loss Survivors

A Resource for Survivors of Suicide

“Sometimes in life, events occur that fracture the very foundation on which we stand. Our life, as we have known it, is forever changed and we find ourselves in an unexpected struggle, first just to survive and then to move forward.

The Alliance of Hope for Suicide Loss Survivors provides healing support for people coping with the shock, excruciating grief and complex emotions that accompany the loss of a loved one to suicide. We hope that you will find resources here to help you deal with, and eventually heal from, what may well be the worst pain you will ever feel.

It is important to know that people can and do survive loss by suicide. They are forever altered and may never stop missing their loved ones, but they do survive and go on to lead meaningful and contributory lives.

This site was designed by survivors for survivors. The culture here as well as on our forum is one that recognizes and respects the courage and resilience of suicide survivors at all stages of their personal journeys.

We invite you to join our supportive community of survivors from across the world. You will find many friends here.”

Ronnie Walker, MS, LCPC
Founder: Alliance of Hope for Suicide Loss Survivors

http://www.allianceofhope.org/

We don't heal in isolation, but in community.

S. Kelley Harrell
The Cord  Author unknown

We are connected,
My child and I.
By an invisible cord
not seen by the eye.
It's not like the cord
that connects us 'til birth.
This cord can't be seen
by any on Earth.
This cord does its work
right from the start.
It binds us together
attached to my heart.
I know that it's there
though no one can see.
The invisible cord from
my child to me.
The strength of this cord
is hard to describe.
It can't be destroyed;
it can't be denied.
It's stronger than any cord
Man could create.
It withstands the test,
can hold any weight.
And though you are gone,
though you're not here with me,
the cord is still there
but no one can see.
It pulls at my heart.
I am bruised ... I am sore,
but this cord is my lifeline
as never before.
I am thankful that God
connects us this way:
A mother and child...\ndeath can't take it away!

Reprinted from Hope Line, Hope for the Bereaved.
Syracuse, NY, August 2002.

SOS Memorial Quilts

Our 7th Quilt was showcased at the Jeremyah Memorial 5K Walk/Run on February 6th. We have begun working on the 8th Quilt. If you are interested in having your loved one appear on this next quilt, please email the following information to:

Sandra.McNally@LaFrontera-Empact.org

● 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

For more information, contact:

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

ARIZONA SUICIDE PREVENTION COALITION
HOPE Conference
Growing Together as a Community to Create Change
A STATE WIDE CONFERENCE ON SUICIDE PREVENTION

DATE: October 18 & 19, 2016 | Pre-Conference October 17, 2016

TIME: 8:00 AM – 4:30 PM Each Day
Breakfast, Lunch & Snacks are included

LOCATION:
Black Canyon Conference Center
9440 N 25th Ave
Phoenix, AZ 85021

For more information, please visit www.azspc.org