

**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 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



Survivors of Suicide Newsletter

Stay Connected



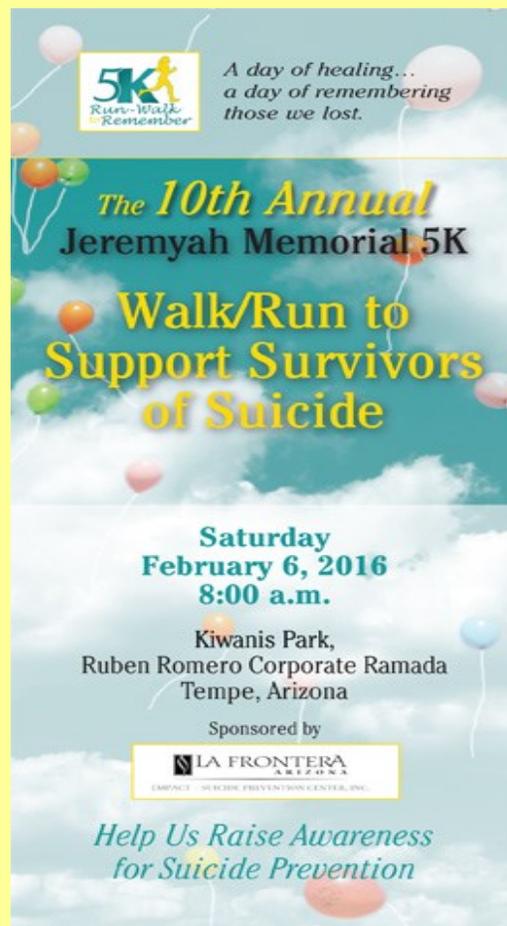
WINTER EDITION 2015

The 10th Annual Jeremyah Memorial 5K Walk/Run

It's hard to imagine, but across Arizona, eight people a day feel such a great loss of hope that they will attempt to take their lives. Close to 1,200 Arizona residents die each year by suicide; more than 40,000 nationally. In the wake of those

numbers that are increasing every year are the loved ones left behind. The Memorial Walk/Run is one way we can honor our loved ones who have died by suicide. It is one way we can process through the grief. And it is one way we can reach out to others not affected, to help them understand how we might recognize and support others in need, before it's too late.

Please join us for this Anniversary Walk, which will include a special Survivor Memorial and Living Tree Ceremony. You can help by gathering your family/friends and walking/running as a team, by collecting donations or pledges, or by becoming a Walk partner.



For more information about Registration and Donation/Walk Partner opportunities, please visit www.empactsos.org

Take a Walk, Save a Life... Help us create a safe, strong, and healthy community.

Reclaiming Our Joy: A Basic Plan For Surviving The Holidays After The Loss Of A Loved One



Shortly after my son's suicide in 1993, a wise counselor told me not to let that death take away my joy. At the time, those words fell on deaf ears. But, as the days passed and healing began, his guidance became my mission - to somehow reclaim my joy after experiencing the incomprehensible suicide death of my child. The powerful and overwhelming emotions that embody the grieving process tend to be magnified during the holidays - a time when memories of our missing loved ones are especially painful. Family gatherings are wearying reminders of the stark reality of our loss.

Here are some steps that we can take together to endeavor to recover our God-given joy during a difficult holiday season.

Decide to Prepare: *Plan ahead for the pitfalls of holiday bereavement. Educate yourself in the fine art of surviving the holidays and equip yourself for the season. Beware of the expectations of others and choose to get through the holidays YOUR WAY!*

Determine to Feel: *Give yourself permission to grieve during the holidays instead of "stuffing" or denying your emotions. Resist the urge to "shut down" emotionally until next year. Trust me, the feelings will still be on that shelf on January 1st, and they will, more than likely, be even more powerful and destructive than they were in December.*

Commit to Connect: *Choose to be around safe, supportive people during the holidays - people who will let you have your grief. Make a conscious decision to stay connected to God and His people at a time when you may want to isolate to ease your pain. We serve a loving, comforting God, and there is great healing in His community. Reach out and take the light and love that others offer during the holidays - and, in turn, give whatever you can to those who reach out to you.*

Linda L. Flatt ~ November 1998 - "Facilitating a Suicide Survivors Support Group"



SOS & EMDR: Survivors of Suicide Program Begins Eye Movement Desensitization & Reprocessing (EMDR) Therapy

Suicide is traumatic. It is often sudden and unexpected.

When the death of a loved one involves trauma, those who are left behind must find a way to deal with the complicated grief and trauma associated with the suicide.

The Survivors of Suicide Program at EMPACT-Suicide Prevention Center is expanding its services for those bereaved by suicide, to include EMDR (Eye Movement Desensitization and Reprocessing Therapy). EMDR is an evidence-based psychotherapy for treating Post-traumatic Stress Disorder (PTSD), and it is designated as an effective treatment by the American Psychiatric Association and the World Health Organization. EMDR therapy shows that the mind can heal from psychological trauma in the same way that the body recovers from physical trauma. It has been found to be an effective tool for alleviating trauma in grief.

EMDR reduces or resolves traumatic memories and enhances resilience. Many Survivors of Suicide have found EMDR to be very helpful in dealing with the trauma of their loss, and the associated complicated grief.

For more information about EMDR for Survivors of Suicide, or if you are interested in individual therapy, please contact Sanja Sobo, MC, LPC:

Sanja.Sobo@LaFrontera-EMPACT.org /480-784-1514, ext. 4202.

For the latest information about EMPACT-SPC's Survivors of Suicide Program, please visit our new website: www.empactsos.org

The Empty Chair by Terri Gibbs

"My son, my son, my only one!"
His Daddy often sang,
"Then why, oh why are there four chairs,
When we are only three?"

"That seat's been saved for our loved one,
Someone we've yet to meet.
His arrival, we are waiting,
You see, our table is complete."

There came a day, when he a teen,
When that other chair was filled.
A younger image of himself,
And still they were complete.

The brothers' bond was infinite,
Sharing more than all would know.
With them the table was now all set,
Every chair was full.

The meals they shared, the games they played,
The birthdays and the songs.
He shared with them his heart and soul,
He helped them all to grow.

He grew into a fine young man,
Adored and loved by all.
But then the darkness overcame.
And he could bear no more.

So, one night, without forewarning,
He felt he had to go...
His absence felt by many,
Many more than he would know.

The days they passed, becoming years,
His brother, now a teen.
The bond they shared continued strong,
The memories becoming real.

One may see an empty chair,
Yet the table is complete.
That chair, it has been taken,
He hasn't left his seat.



SOS Memorial Quilts



Our 7th Quilt will be finished in time for the Jeremyah Memorial 5K Walk/Run on February 6th. We will begin the 8th Quilt in the Spring. 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).***



EMPACT - SUICIDE PREVENTION CENTER

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

**Top Ten
Holiday Gifts**



Reprinted from:
The Compassionate Friends
Newsletter,
Orange Coast Chapter,
December 2003

HUGS ... to someone who is lonely.
LOVE ... to someone who has nothing
to give in return.
PATIENCE ... to someone who is
struggling with life.

FREEDOM ... to someone who needs
to find his own destiny.
GUIDANCE ... to someone drifting in
a sea of anxiety.
UNDERSTANDING ... to someone
who is confused.

TOLERANCE ... to someone who
doesn't see things the way we do.
KINDNESS ... to someone in pain.
FORGIVENESS ... to someone we
feel has harmed us, AND

SOFTNESS ... to someone who has
not yet removed his hard shell.