

**STATE-WIDE  
SOS GROUPS**

**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

**LAVEN SOS GROUP**

Call for information:  
480-784-1514, ext. 1108

**TUCSON SOS GROUP**

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

**MARICOPA SOS GROUP**

1st and 3rd Tuesday  
5:30pm—7:00pm  
La Frontera /EMPACT-SPC  
21476 N John Wayne PKWY,  
ST C101, Maricopa

**PRESCOTT SOS GROUP**

Last Monday  
6pm—8pm  
First Congregational Church  
216 E. Gurley St, Prescott

**SEDONA SOS GROUP**

Last Tuesday  
6:30pm—8:30pm  
Christ Lutheran Church  
25 Chapel Rd, Sedona



# Survivors of Suicide Newsletter

## Stay Connected



**WINTER EDITION 2016**

*Please join us for the 11th Annual  
Jeremyah Memorial 5K Walk/Run!*

**5K**  
Run-Walk-Remember

*A day of healing...  
a day of remembering  
those we lost.*

**The 11th Annual  
Jeremyah Memorial 5K  
Walk/Run to  
Support Survivors  
of Suicide**

**Saturday  
February 11, 2017  
8:00 a.m.**

Kiwanis Park,  
Ruben Romero Corporate Ramada  
Tempe, Arizona

Sponsored by

**LA FRONTERA  
ARIZONA**  
EMERGENCY SUICIDE PREVENTION CENTER, INC.

*Help Us Raise Awareness  
for Suicide Prevention*

To register and/or to make a donation, please visit: [empactsos.org](http://empactsos.org)  
or email: [Sandra.McNally@lafrontera-empact.org](mailto:Sandra.McNally@lafrontera-empact.org)

# LOSS TEAM CONFERENCE

7TH ANNUAL NATIONAL 'LOCAL OUTREACH  
TO SUICIDE SURVIVORS' (LOSS) TEAM  
CONFERENCE

Strength in Numbers: Engaging the Community  
in Suicide Postvention

Hyatt Regency Phoenix -Downtown



This conference is an opportunity for Suicide Loss Survivors, mental health professionals, first responders, school counselors, LOSS Team members, and others from the community to learn more about suicide postvention (helping Survivors after a suicide has occurred), and the Active Postvention Model known as LOSS (Local Outreach to Suicide Survivors) Team.

#### FEATURED SPEAKERS:

Frank Campbell, PhD, LCSW  
Developer of the LOSS Team model

It was due to Dr. Campbell's more than twenty years of working with those bereaved by suicide that he introduced his Active Postvention Model (APM) most commonly known as the LOSS Team (Local Outreach to Suicide Survivors). His work with survivors and victims of trauma has been featured in three Discovery channel documentaries.

Stuart Smith, MA, LPC  
Clinical Coordinator of The Link Counseling Center

Stuart will be offering a special afternoon session on Monday, April 24th, specific to Survivors of Suicide, to deepen and expand their understanding of grief related to loss by suicide.

To learn more about this conference, please visit [lossconference.gbump.com](http://lossconference.gbump.com)

•Special Survivor Rate!

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

Linda L. Flatt, 1998

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.



One of these days, you will realize you got through the day without crying.

One of these days, you will bite into a piece of fruit and actually taste the sweetness.

One of these days, you will find yourself smiling.

One of these days, you will recognize again that stranger in the mirror.

One of these days, you will notice that the season has changed.

One of these days, you will feel the sun on your face.

One of these days, you will laugh out loud.

One of these days, you will wake and not dread the day ahead.

One of these days, you will speak their name and smile.

One of these days, you will come to terms that for all your questions there are no answers.

One of these days, when you are ready, you will know you'll be okay –not whole ever again, but okay.

One of these days.....



Reprinted from *Compassionate Friends*—March, 2015

## SOS Memorial Quilts



Our 7th SOS Memorial 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](mailto: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).**



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](mailto: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](http://www.suicidology.com)
- American Foundation of Suicide Prevention:  
[www.afsp.org](http://www.afsp.org)

## Holiday Reflections

*By Bettye and Sam Rosenberg*

*When snowflakes dance on winter winds and colored lights shine Christmas cheer, when children's laughter fills the air and families gather from far and near, I try to celebrate with them And not let my hurting show. But the empty space within my heart, at this season, seems to grow. 'Till often times it fills the days, And many night times too With aching thoughts and memories Of Christmases I spent with you. Yes memories do hurt, it's true. But I have this feeling too - I'm so glad I hold these memories, for with them I hold a part of you. So for now I'll wipe away the tears and join with loved ones dear to celebrate this Christmas time, for I know that, in my heart, you're here.*

