

## 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

### LAVEEN 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



SPRING EDITION 2017

## Please join us for the 7th Annual National LOSS Team Conference

*(This conference will be held in lieu of the Spring Annual Survivors of Suicide Day Conference for 2017)*



7th ANNUAL NATIONAL  
**LOSS  
TEAM  
CONFERENCE**

Strength in Numbers:  
Engaging the Community in Suicide Postvention

sign up today at  
[LOSSconference.gbump.com](http://LOSSconference.gbump.com)

### Strength in Numbers: Engaging the Community in Suicide Postvention

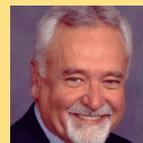
This conference is an opportunity for Suicide Loss Survivors, as well as others from the community, to learn more about suicide postvention (support after a suicide), and the Active Postvention Model known as LOSS (Local Outreach to Suicide Survivors).

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

● **Special Survivor Rate! (includes lunch)**

### FEATURED SPEAKERS:

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



● **The Survivor's Journey – Survivor Panel Discussion**

● **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. **This is a workshop you won't want to miss!**

# 11th Annual Jeremiah Orsini Memorial 5K Walk/Run Continues to Touch the Lives of Survivors of Suicide and the Community

*On Saturday, February 11<sup>th</sup>, EMPACT-SPC held its annual 5K Walk/Run to Support Survivors of Suicide, the 11<sup>th</sup> anniversary of this special event. Close to 700 people were in attendance, including Survivors of Suicide, EMPACT-SPC staff, and community partners such as the Arizona Suicide Prevention Coalition and Cenpatico Behavioral Health. Local businesses, such as Starbucks and Einstein Bagels, donated food and beverages to help support EMPACT-SPC and the Survivors of Suicide program.*



**SOS Program Volunteers and Staff**



**Chris & Cathy Orsini, speaking at this year's Walk**



**Annual Balloon Release—Survivor Ceremony**

*This annual event has been one way that survivors can honor their loved ones who have died by suicide, as well as a way EMPACT-SPC can raise community awareness about suicide prevention. For more information about upcoming Survivors of Suicide events, or to see photos of this year's Walk/Run, please visit [www.empactsos.org](http://www.empactsos.org)*

## On A Rosebush Full Of Blooms

By Earnestine Clark



On a rosebush full of blooms, there is occasionally one rose more fragile than the rest. Nobody knows why. The rose receives the same amounts of rain and sun as its neighboring blooms; it receives the same amounts of water and food from the earth, of clipping and tending and gentle encouragement from the gardener.

Its time on earth is neither more nor less significant than that of the other blooms alongside it. Its stresses are neither greater nor fewer. Its promises of development are just as rich. In other words, it has all the necessary components to become what it is intended to be: a beautiful flower, fully open, spreading its petals and fragrance and color for the world to see.

But for some inexplicable reason, once in a while a single rose doesn't reach maturity. It's not the gardener's fault. It's not the fault of the rose. For some roses, even the touch of the gentle spring rains leaves bruises on the petals. The sun's rays – so soft and warm to some flowers – feel searing to others. Some roses thrive while fragile ones feel buffeted by inner and outer ghost winds.

So it is that sometimes, despite the best growing conditions, the best efforts of the gardener, and the best possibilities and predictions for a glorious blooming season, a particularly fragile rose will share its glow for a while, then fade and die. And the gardener and the rosebush and the earth and all around grieve.

We are never ready for a loss; not for the loss of a promising rosebud, not for the loss of a friend or relative whose life appears ready to unfold with brilliant color and fulfillment. In the midst of our grieving, we can remember and celebrate the glimpses of color and fragrance and growth that were shared. We can love the fragile rose and the fragile soul for the valiant battles won and the blooming that was done. And as our own petals unfold, we can remember the softness and beauty of those who touched us along the way.

## The Unsolved Heart

By Ranier Maria Rilke

I want to beg you, as much as I can,  
to be patient toward all that is unsolved in  
your heart and to try to love the questions  
themselves like locked rooms and like  
books that are written in a very foreign  
tongue.

Do not now seek the answers, which  
cannot be given you because you would  
not be able to live them.

And the point is to live everything.  
Live the questions now. Perhaps you will  
then gradually, without noticing it, live  
along some distant day into the answer.

Reprinted from "Mayday" Batavia IL,  
Oct. 2005



## SOS Memorial Quilts



*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).***





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

**29th Annual Healing After Suicide Loss  
Conference**

SATURDAY, APRIL 29TH • Hyatt Regency downtown Phoenix

**A one-day conference for Survivors of Suicide,  
sponsored by the American Association of Suicidology (AAS)**



**● Frank Campbell and Iris Bolton—Plenary Speakers**

**Registration Information: [www.suicidology.org](http://www.suicidology.org)**

*(If AAS has adequate funding, scholarships will be provided to individuals requesting assistance. Scholarships are for Survivors of Suicide and will cover registration fees only. If you are in need of scholarship assistance, please visit [www.suicidology.org](http://www.suicidology.org) and click on the conference link. In the registration packet, you can download and complete the Scholarship Request Form. Scholarship Request Forms must be received no later than March 24th, 2017 for consideration.)*

**The Survivors of Suicide Program at EMPACT-SPC will be participating in this event; however, please be advised that we are not hosting this event. Therefore, we will not be handling registrations for the event nor processing of scholarships. Thank you.**