

**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



SUMMER EDITION 2017

4th Annual Golf Classic to Support Survivors of Suicide



Saturday, June 17th, 2017

\$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 - www.empactsos.org
(click on the **Donate** button and go to the **"Golf Classic to Support SOS"**
section).**

**Please contact Sandra McNally for more information about participating
in the golf classic OR being a sponsor:**

Sandra.McNally@lafrontera-empact.org

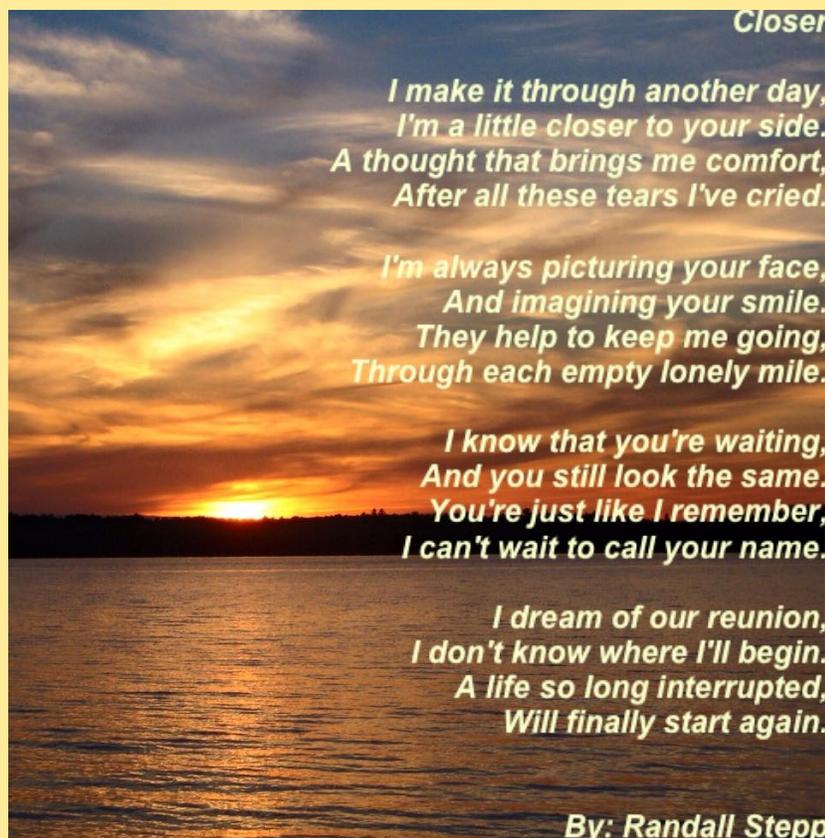
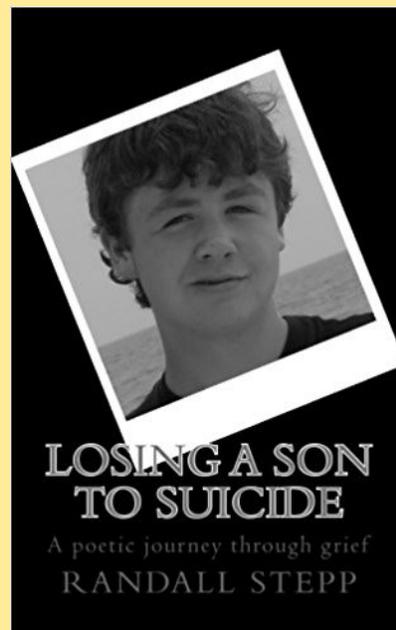
Message from a Father.....

By Randall Stepp

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.



Closer

*I make it through another day,
I'm a little closer to your side.
A thought that brings me comfort,
After all these tears I've cried.*

*I'm always picturing your face,
And imagining your smile.
They help to keep me going,
Through each empty lonely mile.*

*I know that you're waiting,
And you still look the same.
You're just like I remember,
I can't wait to call your name.*

*I dream of our reunion,
I don't know where I'll begin.
A life so long interrupted,
Will finally start again.*

By: Randall Stepp

My collection of poems eventually turned into my self-published book,

"Losing a Son to Suicide, A poetic journey through grief."

The book is available online at [Amazon.com](https://www.amazon.com)

Randy Stepp,
Elizabethtown, KY

"Inheritance" Author Unknown—reprinted from save.org

When my father, Edward, succumbed to depression and anxiety on March 13, 2006 he was only 52 years old. I was 20, my sister, 18, and our twin brothers just freshmen in high school. Within 24 hours of his passing, I became a parent when I was granted emergency custody of my minor siblings. I worked a typical 20-something-year-old job, had no place of my own to live, and had no idea how to raise two teenagers let alone help them, as well as myself, get through such a traumatic event.



Although we may never understand why he felt suicide was his only option, I do know just HOW MUCH he loved me and my siblings. I am a parent myself now (to a child other than my siblings), so I can attest to the love one has for their children. Having experienced this love only makes me try to comprehend the level of mental anguish he must have been under in order for him to leave us the way he did. As natural as it is to need answers, we must understand that this is not something that can be justified or rationalized, and that is okay.

Sometimes, he would try to explain his anxiety to me as a physical feeling in his body that literally made him feel ill. As a typical young adult with no actual problems, I could not possibly comprehend what he was going through. The day he died I had a horrific realization of what he had been trying to portray to me; it was almost as if my dad was the host and anxiety, the demon, exited his body at the last beat of his heart and transplanted itself within me, and I have spent the years following his passing trying to exorcise that demon from my body and my brain. This was my inheritance. The thing is, he may have seen this as a way out, or the only option to end the pain, but in actuality all his suicide did was transfer that pain to everyone who loved him, especially his children. I truly believe that if our father would have stopped to process that for a moment, he would still be here today.

Here we are, 11 years later, and I don't miss him any less than I did back then. He has missed the birth of his grandchildren, he was not there to walk my sister and I down the aisle or see my brothers graduate from high school; all things I know he was incapable of considering at his lowest point, blinded by his own internal struggles. Every single time something good happens in our lives it is followed by a moment of sadness along with the thought, "I wish my dad were here to see this.". With the support of each other, our family, friends, therapy and survivors of suicide grief groups (which were invaluable to me in the beginning of this journey) we have made it through what was truly the worse experience of our lives.

Our story is not over; this is something we will struggle with for the rest of our lives. We have found our new 'normal'. The world keeps spinning, the birds keep chirping, and if you can look up from your sadness long enough, you will even start to hear them again. Time does not heal all wounds, but it does make things more bearable. It is possible to go on after your loved one is gone, impossible as it may seem in those first moments.

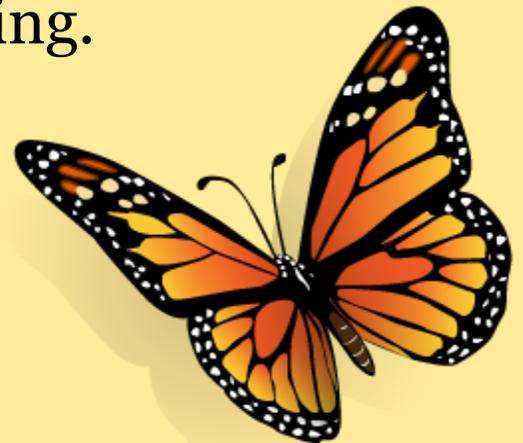
Survivors of Suicide (SOS) Facilitator Training

EMPACT-SPC is interested in expanding its SOS Program and is looking for new facilitators to help co-lead our support groups.

SOS Group Facilitator Qualifications:

1. Must be a Survivor of Suicide, with at least 2 years since the loss occurred.
2. Must submit a Volunteer Application, including references.
3. Must successfully complete our SOS Group Facilitator Training.
4. Must be willing to facilitate an SOS Group at least 1x per month and attend our monthly volunteer supervision meeting.

For more information, please contact Jill McMahan at 480-784-1514, ext. 1108.



From A Daughter

by Shannon Brown

Each day I try to understand why you're not here to hold my hand. You left with no hug and no goodbye. And for that I only wish to know why.

You strived for goodness, love and peace.

But I never thought you would soon cease. You taught me about loving and growing, And you never stopped your love from flowing.

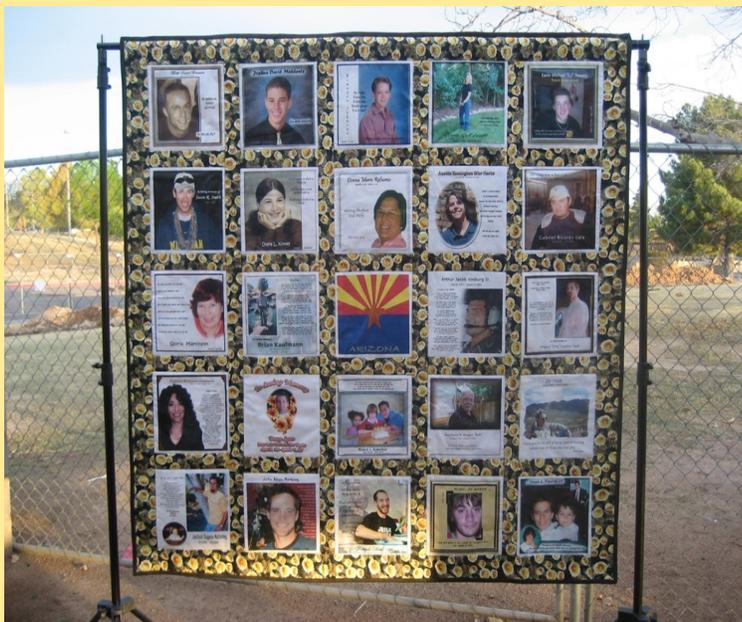
I never thought I could pay this cost. For all the love and time we've lost. You and I were so wonderful together, and your love and life will live forever.

Thank you for your guidance and light. Your love in my heart will always burn bright. Your heart will always live in mine. I guess it can only get better in time.



Reprinted from Survivors of Suicide,
Volume 32, Issue 3, March 2015

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

*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
- American Foundation of Suicide Prevention:
www.afsp.org

“Creating a Legacy”
Planned Giving for EMPACT-SPC's
Survivors of Suicide Program

“Creating a Legacy” for EMPACT-SPC's Survivors of Suicide Program is a beautiful opportunity to remember a loved one, and to contribute to the healing of others in our community who have been impacted by a tragic loss to suicide. It is a way to contribute to an agency and program whose mission is to help others in their healing journey.

Nonprofit agencies such as EMPACT-SPC need financial assistance in order to continue their critical work in the community. By making a planned gift, you can make a difference in the lives of others by helping to ensure that EMPACT-SPC is able to continue supporting our Survivors of Suicide program for years to come. The process of Creating a Legacy can be as easy as naming EMPACT-SPC's Survivors of Suicide program in your will, or as the beneficiary of a life insurance policy or retirement plan proceeds.

If you would like to become a part of EMPACT-SPC's Survivors of Suicide "Creating a Legacy" program, or if you have any questions, please contact Sandra McNally, Survivors of Suicide Program Manager, at (480) 784-1514, ext. 1219 or at Sandra.McNally@lafrontera-empact.org

You also may write to us at EMPACT-SPC, c/o Sandra McNally, 618 S. Madison Drive, Tempe, AZ 85281. We will be happy to provide you information about options for planned giving.