There is still time to register for this special workshop!

“Hope and Healing”
The 18th Annual Arizona Survivors of Suicide Conference
Saturday, June 16, 2018
8:30am—3:00pm
Black Canyon Conference Center
9440 N. 25th Avenue - Phoenix, AZ 85021

Our day will be focused on hope and healing, helping participants gain support and assistance in dealing with survivor grief.

Stuart Smith, MA, LPC
Clinical Coordinator of the National Resource Center for Suicide Prevention and Aftercare at The Link Counseling Center—Atlanta

Stuart Smith is a licensed psychotherapist serving clients in the greater Atlanta area. His therapeutic work at The Link and his private practice is dedicated largely to grief work, relationships, and psychological growth. Stuart offers talks and workshops on a number of topics including how to provide support to those bereaved by suicide.

To register, please visit: www.empactsos.org and click on the link for Events.

For more information, please contact Sandra McNally:
Sandra.McNally@lafrontera-empact.org
Save the Date

5th Annual Golf Classic to Support Survivors of Suicide
Saturday, July 14, 2018
$80.00 per person (Includes Golf, Cart, & Lunch Buffet)
Foursome/Best Ball Scramble

Apache Wells Country Club
5601 E. Hermosa Vista Dr. Mesa, AZ
480-830-4725
Check in 6:00 am ● Shot Gun Start 7:00 am
Prizes: Longest drive, Closest to the Pin, Longest Putt, & Raffle

Registration (by Tuesday, July 10, 2018)

Golfer #1: _________________________________ email
___________________________________

Golfer #2: _________________________________ email
___________________________________

Golfer #3: _________________________________ email
___________________________________

Golfer #4: _________________________________ email
___________________________________

___Check - Make payable to EMPACT-SPC

Please Email, Mail, or Fax this registration information to:
Sandra McNally, EMPACT-SPC
618 S. Madison Drive – Tempe, AZ 85281
Email: Sandra.McNally@lafrontera-empact.org
Fax: 480-967-3528

OR Register on-line at www.empactsos.org – Click on the Donate button and go to the
“Golf Classic to Support SOS” section.
What a different place this world would be if people remembered that grief is born of love and all acts of grief are normal, healthy, and expected.

"RaeAnne Fredrickson
All That Love Can Do"
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 Sandra McNally at 480-784-1514, ext. 1219.

“Perhaps the butterfly is proof that you can go through a great deal of darkness and still become something beautiful.”
True Words by Sasha

“You will not always hurt like this”.
These words are true.
If they do not reach your heart today, do not reject them: keep them in your mind.
One morning – not tomorrow perhaps, But the day after tomorrow, or the month after next month.
One morning, the dawn will wake you with the inconceivable surprise:
Your grief will have lost one small moment of its force.
Be ready for the time when you can feel for yourself that these words are true:
You will not always hurt like this.

Reprinted from Survivors of Suicide Volume 26, Issue 9, September, 2009

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).


“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.

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