

**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 Tuesday  
7pm—8:30pm  
AMADEO Vineyard Church  
21803 S. Ellsworth Rd. #E102  
Queen Creek

**LAVEEN SOS GROUP**

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

**TUCSON SOS GROUP**

1st and 3rd Thursday  
6:00 pm – 8:00 pm  
Catalina Methodist Church  
2700 E. Speedway Blvd,  
Tucson

**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

**NEW SPANISH SOS GROUP  
(GRUPO SOS EN ESPANOL)**

1st Tuesday (Martes)  
3:00pm—4:00pm  
EMPACT-SPC  
618 S. Madison Dr, Tempe



# Survivors of Suicide Newsletter

## Stay Connected



SUMMER EDITION 2019

### Save the Date

## 6th Annual Golf Classic to Support Survivors of Suicide



Saturday, July 20, 2019

\$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, & Lots of Great Raffle Prizes!

Chance to win a new Mercedes Hole-in-One!

Register on-line at [www.empactsos.org](http://www.empactsos.org) – Click on the **Donate** button and go to the **“Golf Classic to Support SOS”** section.

All money raised goes directly to the Survivors of Suicide Program.

Contact Sandra McNally for more information: [Sandra.McNally@lafrontera-empact.org](mailto:Sandra.McNally@lafrontera-empact.org)

## A Birthday to Celebrate and Remember

By Janet Benz (reprinted from save.org)

It seemed like our family was just beginning to recover from some of the traumatic events around the catastrophic death of our son in January 2007. Each of us were settling into the grief journey and what that meant for us individually and collectively, when Christopher's 18th birthday arrived. As a parent I struggled with what to do and how to handle what I expected to be a very emotional and difficult day for our family. I couldn't begin to know how my other two sons would deal with their youngest brother's birthday and the reminder that he was no longer with us. I only knew that he was and always will be my son, and I still am and always will be his mother, and nothing will ever change that.

I felt that just as birthdays had always been in our home, that Christopher's birthday needed to continue to be a very special day. There was in me a driving need to recognize the day in celebration of Christopher's life, to honor him for who he was, what he brought to our lives and those around him, and to continue to keep him present in our lives in a meaningful way. So we planned and had a birthday dinner for him which ended up being such a positive and meaningful experience for our entire family that we have decided to do this every year. It was a nurturing and healing day for me as I prepared Christopher's favorite foods and the entire family planned their busy schedules of that day in time to be home for dinner. The dinner table included a cake with the bold inscription "Happy Birthday Christopher;" however there were no candles on the cake.

At the end of the meal, each person was given a birthday candle and asked to talk about what they thought Christopher would have done with his life, and this year we told our favorite Christopher stories. Each person lit their candle as they shared their memories of his life and then placed the candle on the cake. Once all the candles were on the cake our family shared a prayer, made a wish, paused and then blew out the candles.

I know we will continue to celebrate this very special day in our family as Christopher's birthday arrives each year, for our family feels it is good and it is right for us to do. I also found this to be a perfect time to bring out photos of family and friends, baseball trophies, high school year books and other items that help strengthen the memories but may not always be on display every day in our home. Reminiscing and sharing memories is a wonderful way to keep our loved ones alive in a very real way as we continue to give meaning to their lives; and as we connect with each other in mutual support on this path we all walk as survivors.

**Editor's Note:** We all grieve differently.

There is no right or wrong way to handle celebrations, anniversaries or special occasions. This is one family's way to celebrate a birthday in hopes it will help others find ways to live, grieve and go on.



*“When you survive loss, everyone is quick to tell you how strong you are and how tough you must be.*

*But, actually, no one has a choice to survive grief. It’s not optional.*

*You just have to cry in the shower, sob in your pillow, and pray you will make it.”*

*Written by Zoe Clark-Coates (reprinted from S.O.S. Survivors of Suicide Community—FB)*



## Speak Their Name

kp 2013  
(Out of the Ashes/FB)

*Someone I love has gone away and life is not the same.*

*The greatest gift that you can give is just to speak their name.*

*I need to hear the stories and the tales of days gone past.*

*I need for you to understand that these memories must last.*

*We cannot make more memories since they're no longer here, so when you speak of them to me it's music to my ear.*



## SOS Memorial Quilts



We are close to completing 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).**





**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 Care 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)

***“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](mailto:Sandra.McNally@lafrontera-empact.org)

You also may write to us at EMPACT-SPC:  
c/o Sandra McNally, 618 S. Madison Dr., Tempe, AZ 85281

We will be happy to provide you information about options for planned giving.

