STATE-WIDE SOS GROUPS

Stay Connected

In-person Groups

TEMPE SOS GROUP
1st and 3rd Thursday
7:00 pm - 9:00 pm
EMPACT-SPC
618 S. Madison Dr, Tempe
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
6:00pm - 8:00pm
EMPACT-SPC
4425 W. Olive, Suite 194
Glendale
PARADISE VALLEY SOS GROUP
1st and 3rd Wednesday
6:30 pm - 8:30 pm
Shiloh Community Church
19021 N. 32nd St., Phoenix
EAST MESA SOS GROUP
2nd and 4th Thursday
6:00 pm—8:00 pm
Red Mountain
Multigenerational Center
7550 E. Adobe Rd, Mesa
PRESCOTT SOS GROUP
Last Thursday
6:30pm—8pm
Lessons by Lexe/Gateway Mall
3250 Gateway Blvd, #106, Prescott
SEDONA SOS GROUP
Last Tuesday
4:00pm—5:30pm
Christ Lutheran Church
25 Chapel Rd., Sedona
GREEN VALLEY SOS GROUP
First Thursday
1:00pm—2:30pm
Friends In Deed
301 W. Camino Casa Verde, Green Valley
TUCSON SOS GROUP - STILL ON HOLD UNTIL FURTHER NOTICE
1st and 3rd Thursday
6:00 pm – 8:00 pm
Catalina Methodist Church
2700 E. Speedway Blvd, Tucson

Virtual Support Groups

Please visit
www.empactsos.org for more information.

SAVE THE DATE!

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

The 16th Annual
Jeremyah Memorial 5K
Walk/Run to Support Survivors of Suicide

Saturday February 5, 2022
8:00 a.m.

Help Us Raise Awareness for Suicide Prevention

Tempe Kiwanis Park

Ruben Romero Corporate Ramada

More information will be emailed in January about City of Tempe/CDC guidelines for in-person events.

● Participants are encouraged to register/donate online:
  www.empactsos.org

Registration will open on December 15th.
GRIEF & THE HOLIDAYS
(reprinted from: https://grief.com/grief-the-holidays/)

“The holidays are times spent with our loved ones.” This has been imprinted on our psyche from a young age. Holidays mark the passage of time in our lives. They are part of the milestones we share with each other and they generally represent time spent with family. But since holidays are for being with those we love the most, how on earth can anyone be expected to cope with them when a loved one has died? For many people, this is the hardest part of grieving, when we miss our loved ones even more than usual. How can we celebrate togetherness when there is none?

When you lose someone special, your world lacks its celebratory qualities. Holidays magnify that loss. The sadness deepens and the loneliness can feel isolating. The need for support may be the greatest during the holidays. Pretending you don’t hurt and/or it isn’t a harder time of the year is just not the truth for you. But you can - and will - get through the holidays. Rather than avoiding the feelings of grief, lean into them. It is not the grief you want to avoid, it is the pain. No one can take that pain away, but grief is not just pain, grief is love.

There are a number of ways to incorporate your loved one and your loss into the holidays.

* A prayer before the Holiday dinner, about your loved one.
* Light a candle for your loved one.
* Create an online tribute for them.
* Share a favorite story about your loved one.
* Have everyone tell a funny story about your loved one.
* At your place of worship remember them in a prayer.
* Chat online about them.
How to Make Resolutions When You’re Grieving

By Jade Wentz | January 3, 2019—Reprinted from www.thewarmplace.org

The start of a new year signifies the beginning of goal setting and how to achieve “the new you.” For the grieving heart, setting goals and meeting those New Year’s resolutions may seem discouraging or nearly impossible. Even day-to-day tasks may seem even more daunting when grieving. Some people have to set many goals to keep busy, to distract them from their grief, and some may not be able to get out of bed without a fight. Everyone grieves differently. No matter how you grieve, or where you are on your grief journey, celebrate the accomplishments. No accomplishment is ever too small. If you are feeling overwhelmed or unsure on how to approach creating New Year’s resolutions, start small. The smaller the goal, the more attainable and more positive the outcome can be.

Some examples of small goals can range from: get out of bed and shower for the day, cook a meal to have with loved ones, go on a walk, do an activity that makes you happy, or give yourself permission to not do anything you don’t want to do. There is not a correct way to grieve when trying to heal from a death loss; and the onset of a new year may give grieving individuals more pressure to expedite their grief journey faster than possible.

The most important mindset to have to start the new year is not what goals can you accomplish and how to quickly feel better, but how you can support and care for yourself and give permission to grieve.

Self-care is an essential part of daily life, which may become forgotten or more lax when one is processing the death loss of a loved one. The main areas to focus on within self-care are: mind, body, and spirit. There is not a correct way to administer and follow-through with self-care, but it is imperative to have self-awareness.

Grief is a roller coaster. There is not a manual on ‘how-to-grieve’ or how long it is ‘normal’ to do so. Every death loss story and grief journey is unique.

One of the underlying questions with grief, is ‘what’s next?’ This is the time when it feels like you must grieve in a certain way or follow the advice of others on what to do. This is one of the hardest parts of the grief journey, doing what you think is best to support yourself. With self-awareness, self-care and utilizing support systems; times within the grief journey may become easier.

The new year may bring triumphs, defeats, anger, joy, or tears; but the one who is in control of these happenings is you. The feelings of grief may not disperse for some time, but the management of grief and coping skills falls onto the griever and is an everyday battle. Staying mindful of your needs in the midst of your grief will not only promote self-awareness, but will allow you to implement positive coping skills, goal setting, and a new outlook for the whole year.
SOS Memorial Quilts

Here is the latest Quilt! If you are interested in having your loved one appear on the 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).

Please remember that for some of us, it is not easy to find the joy in the season.

Please know that behind the smile are tears for the one gift we want more than anything but won’t receive.

Please know that it’s OKAY to say our loved one’s name....that’s a gift we will treasure.

(author unknown)
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 Care 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 at (480) 784-1514, ext. 1219 or Sandra.McNally@lafrontera-empact.org

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

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