

**STATE-WIDE
SOS GROUPS**

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
Gateway Mall Community Room
3250 Gateway Blvd, 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

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

**TOWN OF MARICOPA SOS
GROUP—NEW GROUP**

STARTING SOON!
Please visit
www.empactsos.org for more
information, after May 1, 2023.

VIRTUAL SUPPORT GROUPS

Please visit
www.empactsos.org for
more information.



Survivors of Suicide Newsletter

Stay Connected

SPRING/SUMMER EDITION 2023



SAVE THE DATE!

The 22nd Annual
Arizona Survivors of
Suicide Day Conference
Saturday, August 12, 2023
8:00am—3:00pm

Desert Willow Conference Center
Phoenix, AZ



Our day will be focused on hope and healing, providing a forum for survivors to learn new coping skills and embrace their journey, and providing an opportunity for professionals to increase their knowledge about suicide bereavement.



Conference Speaker

Stuart Smith, LPC

Clinical Coordinator: Link Counseling Center

For more information, and to register for this event, please visit our website **after June 1:** www.empactsos.org

Somewhere It Is Spring by Darci Sims



It is spring in some places now. And in some places, it will be winter for another couple of weeks (months?). Somewhere the tulips are beginning to push through the soft earth and somewhere the birds are returning to sing. Somewhere the air is warmer, the breezes more gentle, the land begins to awaken from a frozen sleep. The trees are beginning to bud and even the air smells fresh and clean. Somewhere windows are open and the sound of the vacuum can be heard, marking the beginning of spring cleaning... a ritual was given to us long before our forefathers set sail for a new world. Somewhere the last holiday decoration is being packed away (those holiday diehards!) and somewhere a lawn mower is being readied for a new season.

As spring approaches, we begin to shed our overcoats and stand in front of the mirror... examining the body for the extra lumps we've accumulated during the hibernation season. We lace up our jogging shoes and make our way to the sidewalks, high school tracks and to the gym, eager to strip away the added inches that came because it was dark and gloomy and food seemed to soothe and comfort during the dark days of winter. Somewhere someone is planning a wedding, a graduation, a family reunion. Vacation brochures begin to appear and plans are discussed in anticipation of summer.

Spring is the reawakening season... the great wake-up call for the earth. Somewhere, someone is answering that get up call... greeting the new season with vim, vigor, and vitality. There are smiles and renewed energy and hope seems to simply float on the softened air. Somewhere... all of that is occurring, but not within me. It's still snowing inside my being. It's still winter inside here and there aren't any tulips about to burst open in my spirit. I've still got my snow boots on and the sun hasn't quite made it to my world. It's still winter inside me... I wonder if spring will ever come.

Oh, there have been moments of spring in the past. Wonderful, warm fleeting moments; moments when I "forgot" about the pain, the emptiness, the despair, the grief. Moments when the world was right side up and the music made me dance. But they were only moments and I'm waiting for spring to arrive in me.

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Hope... the major ingredient in spring, seems to elude my grasp. Just when I think there might be some hope, a memory comes creeping across my soul and it's winter again in my heart. It's this lack of hope that seems especially cruel during springtime. I thought this winter inside me would end and I was looking forward to a more peaceful time in my life. I thought we would settle down, plant a garden and live our life filled with memories and the opportunity to make new ones. HA! I thought grief would end at some point. The books all say it will... everyone else looks like their grief has subsided... how come spring missed us?!

A season without hope is the ultimate in despair and I've spent too many such seasons.

Where does hope go and how do I get it back?

Hope is that elusive something that keeps us moving, even in the dark. We are only powerless when we have no hope, no vision, no faith in our own abilities. We may be helpless at times. We may question the arrival of spring but we are only truly powerless when we have no hope, no dreams...

Don't lose the hope! Search for it! Fight for it! Demand its return. Hope changes as we do and it can be so disguised that we may not recognize it, but it can be found — in the moments of our memories. We probably won't ever have totally happy lives again... We probably didn't have that kind of life anyway; we just thought we did.

Don't let death rob you of the moments of joy still to be remembered, and found. Don't let grief rob you of those spring places where love and joy live forever in the heart. Somewhere it is spring... Deal with the anger, the guilt, the depression as it comes and then let it go as you can... so there is room for joy to come again. Let hope come in... it's spring.



Reprinted from: <https://www.compassionatefriends.org/blog/somewhere-its->

Grief

Grief is an endless journey, there is no finish line, there is no medal of achievement for making it through, no rest from the exhausting path we've just travelled.

We simply have no choice but to push through....and, we do.



Reprinted from: The Grief Girl
Phoebe Young—Grief and Spirit

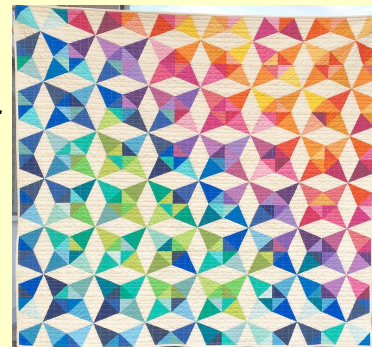
SOS Memorial Quilts



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).**





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: 988
- Mercy Care Crisis Hotline
800-631-1314

Internet/National 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.

