

Comforting Friends

Published by Friends for Survival, Inc.

A NATIONAL OUTREACH & SUPPORT ORGANIZATION
FOR THOSE AFFECTED BY A SUICIDE DEATH

2019
JANUARY



May and her
office dog, Cruz



MEET MAY BALLEW

May Ballew is a Sacramento native and brings many years of experience to her position as Administrative Assistant and Volunteer Coordinator.

Losing her nephew in 2017, May, like many of us, has the unique perspective of losing a loved one to suicide. "I feel lucky to be able to work with Marilyn (an inspiration!) and this wonderful organization."

January: A fresh start on the year ahead. I am pleased to present our newly updated and reformatted newsletter. Our staff has worked hard to create something that we hope you will find valuable, informative and comforting... and at a lower cost than previous newsletters. We have a newly updated Facebook page and are revamping our website.

As we enter our 36th year, I want you to remember that we are here for you, providing comfort, experience, support and resources.

*Marilyn Koenig,
Executive Director*



Support

SUPPORT RESOURCES

Friends for Survival

www.friendsforsurvival.org

Phone: (916) 392-0664

Toll Free: (800) 646-7322

If you are in crisis and need immediate help, call the 24 hour National Crisis Line:

1-800-273-TALK (8255)

American Foundation for Suicide Prevention (AFSP)

www.afsp.org/find-support

American Association of Suicidology (AAS)

www.suicidology.org

New York Life Foundation

Bereavement resources:

www.newyorklife.com/foundation/bereavement

Tragedy Assistance Program for Survivors (TAPS)

For service members, veterans, and their families: www.taps.org

The Compassionate Friends

For bereaved parents of a deceased child: www.compassionatefriends.org

The National Center for Grieving Children & Families

The Dougy Center

www.dougy.org/grief-resources

U.S. Department of Veterans Affairs

Resources to help veterans:

bit.ly/vetgriefconnection



This program is funded in part by the Division of Behavioral Health Services through the voter approved Proposition 63, Mental Health Services Act (MHSA).

NEW YEAR

by Clara Hinton

A new year holds personal meaning for everyone. Usually, a lot of time is taken for some inner reflection. As the old year ends and a new year begins, most people set new goals with lots of enthusiasm and a true spirit of wanting to do better. There is an honest attempt to forget past failures and focus on the future with feelings of bright hope.



When grief has been part of your daily life, it is a real challenge to be hopeful for a brighter new year. How do you heal broken relationships? How do you make a more secure financial future when beginning the new year without a job? How do you set lofty goals when you are sinking in a sea of depression? How do you begin to fill the hole in your heart that has been left when your loved one died?

**A NEW YEAR DOES NOT
END ALL PAST PAIN.**

**A NEW YEAR DOES NOT
MAKE EVERY WRONG
THING RIGHT.**

**A NEW YEAR WILL NOT
RESTORE BROKEN DREAMS.**

But a new year is just that: new. It is the making of an opportunity to begin again. It takes great courage to look for a miracle when your dreams have been shattered. Every person alive has a seed of hope planted within the heart that is ready to come alive if given a chance. Look at the new year, taking it one day at a time. With the breaking of each new dawn, claim one new promise of hope. When you do, your miracle will begin to happen!

Every new day has the potential to give you a miracle!

Source: *Survivors of Suicide, King/Pierce/Thurston County Support Groups.*

nature : stillness : observe

When we hold nature as our object of attention and appreciate it, we can feel its energy. By simply appreciating nature, it is an indication that we are in an area of alignment. When we are in alignment, we see more beauty around us, so the flowers look brighter and the grass looks greener. This is why it is helpful to spend a few minutes every day outside with our plants and flowers. Visit a park or nursery at your local hardware store. The more beauty we see in nature, the more beauty we see in ourselves.

**"LOOK DEEP INTO NATURE,
AND THEN YOU WILL UNDERSTAND EVERYTHING BETTER."**

-ALBERT EINSTEIN



Time

by Cathy Schanberger

I HAVE BEEN GIFTED WITH GOOD FRIENDS AND SPECIAL PEOPLE TO HELP ME THROUGH THE ROUGH TIMES. BUT MOST OF ALL, I HAVE BEEN GIVEN THE GIFT OF TIME – TIME TO HEAL AND TIME TO REPLACE THOSE PAINFUL MEMORIES OF DEATH WITH THE PRICELESS MEMORIES OF MY SISTER'S LIFE.

Source: "This Healing Journey, an Anthology for Bereaved Siblings," Solano County The Compassionate Friends.