



COMMUNITY FOR HOPE
OF GREATER OSHKOSH, INC.

Special points of interest:

- Our offices are now located at the United Way offices for better visibility and space. The new address is listed on the back page.
- First ever 5K Walk for Suicide Awareness draws large crowd throughout the Valley
- New Grief Support Group for Teens established in Appleton at FV Unitarian Universal, will meet every 3rd Monday
- Donate to support our cause in spreading the word that survivors are not alone.
- Sign up for an email version newsletter!

"Survivors of Suicide: Helping Those Cope with the Loss of a Loved One by Suicide"

Volume 9 Issue 7

October 2010

Survivors of Suicide (S.O.S.) Community for Hope

Walkers take to Streets despite Rain, Unite to Remember Loved Ones on 9/11



Walkers wait in the rain to take the 5K trek for awareness

More than 500 from around the Fox Valley walked to remember loved ones despite a drizzly 9/11 anniversary. It was the first suicide awareness walk held in the Valley. "Everyone has a

walk," organizer Barb Bigalke said. "But when you say 'suicide awareness walk,' everyone changes the subject. We never anticipated in our wildest dreams that there would be a walk like there is today."

The sheer number of people who came to support suicide awareness on a drizzly fall day demonstrates the possibility of having future walks.

Teenagers remembered cousins and friends who ended their life too early. Mothers remembered husbands and sons. Fathers remembered daughters. One of those fathers was John Reilly, the keynote speaker for the event: "More than anything else, we need to keep sharing the light," said Reilly, whose adult daughter Amanda took her life three years ago.

But most importantly, the walk is about preventing the further loss of young loving people in our community, as Bigalke said, "I say we've all lost someone to suicide. We've lost talented, wonderful, beautiful people in our community."

"Music and Medicine" Doctors Recital supports CFH

The Fox Valley Medical Society Alliance, along with Heid Music and Steinway and Sons, is hosting a fundraiser for our benefit. Seventeen Physicians from the surrounding Valley will perform a variety of genre: classical, jazz, Broadway, Indian, Andrew Sisters, easy listening and classic rock.

Lawrence University, Harper Hall

420 E. College Ave. Appleton, WI

Oct. 9th, 2010 7pm

Tickets \$50 / person purchase at Heid Music's Appleton /Oshkosh

Did you know...

You can get an email version of this newsletter? Save a tree and get your news fast! Email Doug Bisbee if you would rather be on the e-newsletter list.

Area Support Groups in Northeast Wisconsin

Glimpses

Catching glimpses of before
 my heart shattered and my
 mind snapped, of who I was
 crossing over into who I
 am becoming now.

Feeling less afraid of where
 I am going but still guarding
 what's left of my heart and
 holding onto memories
 that comfort me.

© 2007 Deb Kosmer

Survivors of Suicide (S.O.S.) Ripon, Appleton, Oshkosh

Service: **once a month no cost** support groups for those who have survived the death of a family member, friend or special person by suicide. Minimum age to attend is 14 years.

Ripon 1st Thursday. Immanuel United Methodist Church, 401 W. Fond du Lac St. 6:30-8:30 p.m.

Appleton 2nd Monday. Fox Valley Unitarian Universalist Fellowship, 2600 E. Phillip Ln. 920-731-0849. 6:30-8:30 p.m.

Oshkosh 3rd Thursday. United Way Oshkosh Area, 36 Broad St. Oshkosh. 6:30-8:30 p.m.

For more information email: doug.bisbee@communityforhope.org

A Time to Mourn Support Group

A six-week grief group offering support for adults who have experienced the death of an adult loved one. Co-led by professionals trained in grief support. Offered three times per year. This is a **closed group** which means adult members must make a

6 week commitment to this course and the group does not allow new members in the duration of the 6 weeks. You **must call to sign up** prior to the first session.

Held: Lutheran Homes of Oshkosh, 225 N. Eagle St. Oshkosh, WI 54902

Contact: Lutheran Homes of Oshkosh Chaplain Cathie VanderVelden: 920 232-5274

Cost: Free

General Bereavement Support Group—Oshkosh

General grief support group where attendees are accepted at any time regardless of age or religious denomination. Grief discussions focus on events of the death, related feelings, coping skills, validation, and support for group members.

Held: St. Jude Parish, 1025 W. 5th Ave, Oshkosh, WI 54902 (enter through parish office doors)

Contact: Linda Hillary, MS 920 233-8044

Cost: Free

How often: First and Third Thursdays of each month

Time: 7:00—8:30 p.m.

Drop-in Grief Groups—Appleton & Oshkosh

Service: Open to any adult grieving the death of a loved one at not cost. Refreshments and handouts are provided.

Contact: Deb Kosmer, Affinity Visiting Nurses 866 236-8500

Email:

kosrd@ministryhomecare.org

Oshkosh: 1st Thursday of each month at St. Andrew's Evangelical Lutheran Church

1100 E. Murdock Ave. Oshkosh. Groups at 2:30 p.m. and 6:30 p.m.

Appleton: 1st Tuesday of each month at Thompson Community Center 820 W. College Ave, Appleton. Groups at 2:30 p.m. and 6:30 p.m. Cost: Free

Living with Loss—Appleton

Service: Six-week grief group offering support to adults who have experienced the loss of a loved one. Offered in Fall, Winter, and Spring at Theda Care Home Hospice at 2600 S. Heritage Woods Dr. Appleton.

Contact: Rachel Seppi 920 716-1006 or 800 984-5554

Mystery Editor shows Mug, forgets Byline

Some of you were probably wondering who the mystery editor is who showed his face but forgot to add HIS OWN NAME to bio! What a HAM!



So Doug and Jenny had a good laugh and I got to remember that I make mistakes.

Now I was supposed to add something here, oh yes - my name is Adam Campbell and I edit this newsletter for all of you. I'm open and not shy so please share any feedback or things you would like to see!

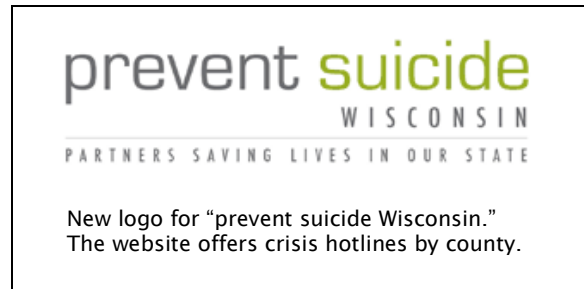
A.C.

My email is : campbeag@gmail.com.

The Director's Corner

by Doug Bisbee

The state of Wisconsin has a new statewide suicide prevention initiative called *Prevent Suicide Wisconsin*. This initiative includes a coalition of organizations and agencies including Mental Health America of Wisconsin, the Department of Health Services, the Department of Public Instruction, county human service and crisis agencies, and local prevention coalitions and non-profit agencies like Community for Hope.



We are proud to be an active participant of this statewide networking effort to further the prevention of suicide. In fact, **we are one of six** such coalitions and agencies who have been chosen to be a **part of a larger grant application** submitted by Mental Health America of Wisconsin on behalf of *Prevent Suicide Wisconsin*.



Please check out the new website for *Prevent Suicide Wisconsin*:

<http://www.preventsuicidewi.org/>.

The more we collaborate and work together, the greater our success will be in lowering the numbers of suicides attempted and completed both locally and throughout the state of Wisconsin.

"More than anything else, we need to keep sharing the light"

John Reilly

Grief Support Groups for Children, Young Adults and Men

Center for Grieving Children-Appleton

Provides monthly peer-to-peer support group for grieving children ages 3 to 18 and their families. Led by trained facilitators and volunteers. Includes supper. No cost.

Where: Boys and Girls Club of the Fox Valley on 117 S. Locust St. Appleton from 6 p.m. to 8 p.m.

Contact: Loris Damerow at 920 731-0555 x. 24 for more info and to pre-register. Or email her at : ldamerow@bgclubfoxvalley.org

New S.O.S. Grief Support Group Valley Adolescents 14-24 years

Where: Fox Valley Unitarian Universalist Fellowship, 2600 E. Phillip Ln. Appleton on the **third Monday** of the month, 6:30—8:30 p.m. Free. Contact Barb Bigalke by email: bbigalke2@new.rr.com

Grief Relief

Offers ongoing peer support groups for children and teens ages 5 to 17 in the **Fond du Lac** area. Groups are ongoing, meeting once a month. Also offered are groups for adult caregivers. No cost; contact Terri at 920 926-4960.

Men Journeying through Grief

A gathering of men who have experienced the death of a loved one, recent or past. Gatherings include supper, discussion, grief information and resources. There is no cost, contact Deb at 920 727-2000 for meeting times and place.

For more info on grief support groups please email the Fox Valley Grief Network at

info@wichmannfuneralhomes.com



Survivors of Suicide (S.O.S.)

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www.communityforhope.org

Listen

When I ask you to listen to me
and you start giving me advice,
you have not done what I asked.
When I ask you to listen to me
and you begin to tell me why
I shouldn't feel that way,
you are trampling on my
feelings.
When I ask you to listen to
me
and you feel you have to do
something
to solve my problem,
you have failed me,
strange as that may seem.
Listen! All I ask is that you listen.

Author Unknown