

HOMICIDE SUPPORT NETWORK

Sacramento County District Attorney's Office

June 2016

<http://www.sacda.org/divisions/vw/vw.php>

Issue 5

GROUP PURPOSE

Why are we here:

To support persons who survive the violent death of someone close as they seek to recover;

To provide contact with similarly bereaved persons and establish self-help groups that meet regularly;

To provide information about the grieving process and the criminal justice system as they pertain to survivors of a homicide;

To communicate with professionals in the helping fields, about the problems faced by those surviving a homicide and to increase society's awareness of these issues.



Victim Advocates

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UPCOMING MEETINGS

SUMMER BREAK

NO MEETINGS JULY & AUGUST

See you September 7th, 2016 @ 6:30 pm

**Sacramento District Attorney's Office
901 G Street, Sacramento CA**

In Loving Memory

June Dates of Birth

Allen Qualls	06/03/1979
George Edward Haynie, Jr.	06/12/1977
Mi'Angelo Cordero	06/08/1982
D. Johnson	06/02/1982
Andres Martinez	06/12/1975
Timothy Donaldson, Sr.	06/12/1961
Derek C. Mathis	06/13/1978
Donte' M. Rogers	06/11/1984
Steve Morris Smith	06/29/1981
Jerry Johnson Jr.	06/13/1969
Juan Jose Guzman	06/10/1968
Lonnie L. Taylor	06/09/1965
Eirka Renee Barrios	06/18/1980
Jonathan Giurbino	06/02/1987
Paul Ray Cousins III	06/19/1987
Patrick Razaghzadeh	06/17/1984
Shawn Chaney	06/30/1969
Francisco Jesus Medina-Tomas	06/11/1993
Thomas Massie	06/10/1988
Lanajah Nachele Dupree	06/03/1996
Monica Anderson	06/13/1983
Pamela Johnson	06/25/1955

June Dates of Loss

Brandon Timmons	06/04/2003
Otilla Carrington	06/04/2003
Freddie Rodriguez III	06/29/2003
Wesley Hunter	06/07/2003
Jesus J. Morales	06/30/1998
Derek C. Mathis	06/15/2003
William Gomes	06/26/2004
Carl J. Johnson	06/15/2004
Sha Tavia Leann Westbrook	06/22/2003
Damon Jacob	06/21/2004
Michael Anderson	06/23/1996
Juan Jose Guzman	06/07/2006
Travis Leon Hempstead	06/30/2005
Erick Anthony Young	06/11/2006
Augusto E. Lopez-Garcia	06/16/2006
Gabriel Martinez	06/25/2006
Aaron M. Strauthers	06/10/2007
Joseph Roneel Dutt	06/29/2007
Mary Ourk	06/02/2007
Marie Buchanan	06/10/1990
Damon Jacobs	06/21/2004
Floyd Wehe	06/04/2006
Travis Smith	06/18/2008
Braeden Gardner	06/17/2009
James Arthur	06/03/2009
Anthony Lamar Barnett	06/17/2010
Avery Sanders	06/17/2010

Your family and I miss seeing your big beautiful smile...



As we approach your 3rd year of absence but presence with the
"LORD"

we will honor your day by wearing our big bright smiles.

Love you, mommy's angel "Alvin Saivon Valentine 6/23/16"

A DAD HURTS TOO

People don't always see the tears a dad cries,
His heart is broken too when his child dies.
He tries to hold it together and be strong,
Even though his world's gone wrong.

He holds his wife as her tears fall,
Comforts her through it all,
He goes through his day doing what he's supposed to do,
But a piece of his heart has been ripped away too.

So when he's alone he lets out his pain,
And his tears come like falling rain,
His world has crashed in around him,
And a world that was once bright has gone dim.

He feels he has to be strong for others,
But Dads hurt too, not just the Mothers,
He searches for answers but none are to be found,
He hides behind a mask when he is feeling down.

He smiles through his tears,
He struggles and holds in his fears,
But what you see on the outside is not always real,
Men don't always show how they really feel.

So I'd like to ask a favor of you,
The next time you see a mother hurting
over the loss of her child,
please remember.....a Dad hurts too.

Author unknown

<http://www.darrelspplayground.com/blogs/poem-dads-hurt-too>

Dedications to your loved ones can be featured in the newsletter. Please submit them to Michelle Husbands at husbandsm@sacda.org by the 10th of the previous month you would like the dedication to appear. Eg. Dedications for the May's newsletter should be submitted by April 10th

Memorial Quilts: If you are interested in having a picture of your lost loved one placed on a quilt, please contact your victim advocate for directions on how to complete that process.

Meeting Dates & Times: Summer break no group July and August
September 7th, 2016 @ 6:30 pm
October 5th, 2016 @ 6:30 pm

Children's Support Groups:

Sutter Memorial Children Bereavement Art group for ages 4-16 contact Peggy Gulshen @ 916-454-6555 for various locations in Sacramento County. www.sutterchildrens.org/childbereavement

UC Davis Hospice young adult group for ages 17-24. Please contact Don Lewis @ 916-734-1139. Closed group which meets once a week for 8 sessions. Please call for more information.

REMEMBER ME BEARS: Anyone interested in having a bear made from an article of clothing, blanket etc that holds special memories of your loved one, may contact Ms. Sharon Bell at 707-678-3738. The cost is \$30 and she is willing to work with those who may have financial difficulty. The materials should be mailed to her at 1380 West F street, Dixon CA 95620.



Grief Support and Resources

Parents of Murdered Children (POMC) is a national self-help organization designed solely to offer emotional support and information for anyone (not just parents) about surviving the loss of a loved one to murder. **Meetings are the 4th Monday of each month from 6:30 pm - 8:00 pm** at 5770 Freeport Blvd, Sacramento CA 95822. For additional info. call (916) 899-0090

Crime Victim's United of California sponsors a victim's support group **the 2nd Tuesday of each month** beginning at 6:30 pm at St. Teresa of Avila's Church in the preschool buildings at 11600 Atwood Road, Auburn CA. If you or someone you know is interested in attending, please call and confirm time and place at 530-885-9544.

Sacramento Valley Compassionate Friends meets **every third Friday of each month 7:30-10:00 pm** at the St. Mark's United Methodist Church, 2391 St. Marks Way, Sacramento CA 95864. Please contact Pamela Amo @ 916-955-3180 for questions pertaining to the group.

VIVA—Volunteers in Victim Assistance is a full service center for victims of violent crime and trauma. It is located at 2020 Hurley Way, Suite 265 Sacramento CA 95825. Tel # 916-570-1690. They serve victims primarily in Sacramento County, but they can also serve victims in El Dorado, Placer and Yolo counties. Please contact them for additional information.

SUICIDE PREVENTION RESOURCES: DO NOT TRY TO DEAL WITH IT ON YOUR OWN
National Suicide Prevention Lifeline @ 1-800-273-8255 (1-800-273-TALK) or 1-800 784-2433 (1-800 suicide); Sacramento Suicide Crisis Prevention line @ 916-368-3111;
National Organization for People of Color Against Suicide: <http://www.nopcas.org>

The following members of the support group are willing to lend a listening ear during your time of grief.

Grace Beren: 916-730-5640; Earline Harris: 916-204-3399

www.thecompassionatefriends.com

www.1800victims.org

www.crimevictimsunited.com

www.cvactionalliance.org Crime Victims Action Alliance

www.pomc.org

www.pomc.org/sacramento