HOMICIDE SUPPORT NETWORK

Sacramento County District Attorney's Office

April 2017

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

Volume 4

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

Ahmanal Dorsey DorseyA@sacda.org 916-874-6193

Michelle Husbands Husbandsm@sacda.org 916-874-5430

UPCOMING MEETINGS

May 3rd, 2017 @ 6:30 pm

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

Please park in the jury lot on 8th & G, or behind the building and enter through the back door.



"He that conceals his grief finds no remedy for it"

> TURKISH PROVERB

Reality of Life

Life isn't just full of happiness, It's sunsets, it's love, it's tears. It's the thoughts of yesterdays memories, That can wash away all out fears.

It's that very painful experience,
That each one of us has had.
It's the laughter that fills the air,
It's the tears when you are sad.

It's loving that someone special,
That at one time made you smile.
It's the pain of losing that person,
But the memories that make it worthwhile.

It's that child in every one of us,
Although in time we'll all be old.
It's the good times we'll never forget,
It's the memories we'll always hold.

It's the hug that we all need,
When we'd rather drown in our sorrow.
It's the hope in every one of us,
That makes us hold on for tomorrow.

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Thursday, APRIL 6TH, 2017

WEST STEPS (10TH STREET) OF THE CALIFORNIA STATE CAPITOL

Booth Set Up: 9:30 AM / Ceremony begins at 10:30 am



In Loving Memory

April Dates of Birth

April Dates of Loss

To My Son, Manuel M. Alexander,

It's now 13 long years without you close to me and you are missed each and every day. I'm going to play the video at our next meeting so everyone can see you alive!! It's so cool. Love MOM



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) 879-4541

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 or Earline Harris: 916-204-3399

www.thecompassionatefriends.com

www.groww.com --- Online grief support group

www.1800victims.org

www.crimevictimsunited.com

www.cvactionalliance.org Crime Victims Action Alliance

www.pomc.org

www.pomc.org/sacramento