

# Suicide Prevention Newsletter

Suicide Prevention Corporation Southwest WI

December 2023

## Events



**Sunday, December 10 @ 6pm**

**Compassionate Friends  
Christmas**

**Memorial Celebration**

Dodgeville United Methodist  
Church

Come light a candle in memory  
of a child that has passed away.



**Saturday, February 3**

**Bowling & Trivia Fundraiser**

@ Dodger Bowl go to website  
under "Events"

details & registration:

[Suicide-SWWI.org](http://Suicide-SWWI.org)



**Zoom Young Adult**

**Support Group (18-30)**

1<sup>st</sup> & 3<sup>rd</sup> Sunday @ 6:30p-8:00pm

[www.namidanecounty.org/support](http://www.namidanecounty.org/support)

Support email before 4:30pm:  
[contact@namidanecounty.org](mailto:contact@namidanecounty.org)

## Trainings



**Free Online Suicide Loss**

**Support Training Online:**

<https://www.davidkesslertraining.com/suicide-loss-support>

## QPR Training



**Online QPR Training**

\$30 per person/ 60 min.

<https://qprinstitute.com/individual-training>

## Thank You:

- Everyone that donated funds in memory of their loved ones.
- **Suicide Prevention of SW WI** for donating "Resource Bags" to the Coroners in each of the 7 counties to deliver to families upon a suicide death.
- **Participants and volunteer** for Veterans Day Run/March. Special Thank you to WI Veteran Center for providing the Volunteering, T-shirts & Orange stocking caps to runners.
- **Suicide Prevention SW Wis. & WI Veteran Center** for providing T-shirts & Orange stocking caps that were mailed out to a variety of businesses in our 7 counties to distribute to farmers & community members.
- **Farmers Savings Banks** for their donation

**Holiday Seasons are Fast Approaching:** Leading into the holiday season is a tough time for family and friends of loved ones that have passed away. This loss doesn't matter if it happened recently or many years ago, missing the loved one is a feeling they learn to live with, not get over.

- Consider donating to Suicide Prevention of SW WI
- Instead of gifts, plan to spend time with someone.
- Send a card to a family with a fun story about your memories with their loved one and wish them well this season.
- More Resources: [Suicide-SWWI.org](http://Suicide-SWWI.org) "Honor A Loved One"

**February 3, 2024 will be our annual Fundraiser** at Dodger Bowl in Dodgeville. Bowling Tournament, Trivia, Silent Auction! Please participate by signing up a team, donating to the silent auction before January 25 or coming to purchase from the silent auction. If you do not live in the Iowa Co, area and would like to host a fundraiser or your own for Suicide Prevention Please Email; [SPCICWI@gmail.com](mailto:SPCICWI@gmail.com)

## Warm Lines

Warmlines are phone numbers that you can call to gain support, understanding, and provide early intervention with emotional support that can prevent a crisis. More on [www.Suicide-SWWI.org](http://www.Suicide-SWWI.org) "Get Help"

- Uplift WI Warmline – [534-202-5438](tel:534-202-5438) (12pm-12am)
- Wisconsin Farmer Wellness Helpline: 888-901-2558 (24/7)
- Veteran & Family (SMVF) Warmline: [262-336-9540](tel:262-336-9540) (24/7)

# Grief Support Groups in Southwestern Wisconsin

[www.Suicide-IowaCountyWI.org](http://www.Suicide-IowaCountyWI.org)

## LaFayette

### Survivors of Suicide Grief Support Group

2<sup>nd</sup> Monday Monthly 6-8pm

Lafayette Co Multi-Use Bldg  
11974 Ames Rd. Darlington

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## Vernon Co.

### Survivors of Suicide Grief Support Group

3<sup>rd</sup> Tuesday @ 7pm- 8pm

Coulee Recovery Center 933  
Ferry St. LaCrosse, WI  
(608) 633-3135

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### Recovery Through Sharing

Peer -Adult Mental Health  
Every Wednesday 6p-7p

1321 N. Main, Viroqua, WI

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## Crawford Co.

### Survivors of Suicide Grief Support Group

3<sup>rd</sup> Monday @ 6:30pm- 8pm

River District Hotel 130 S.

Main St., Prairie du Chien

[sonya.anderson@crossingrivers.org](mailto:sonya.anderson@crossingrivers.org)

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### Grief Support Group

1<sup>st</sup> Monday @ 5:00pm

Crossing River Health-

Polodna Conference Room

Haley Kregel: 608-357-2449

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## Richland Co.

Richland Coffee Club 1<sup>st</sup>

Thurs monthly 8-10AM @

Senior Center 608-647-1853

## Iowa Co.

### Sharing Grief of Suicide Loss- 2<sup>nd</sup> Thursday of each month.

7:00pm – 9:00pm at Iowa County Health and Human Services Building.  
303 W. Chapel St. Dodgeville, WI 53533.

**Compassionate Friends** -(608) 604-1723 [julie.henneman9@gmail.com](mailto:julie.henneman9@gmail.com)

3<sup>rd</sup> Tuesday of Each Month 7:00pm. @ Grace Lutheran Church,  
1105 Bequette St. Dodgeville, WI 53533

### Veterans Mental Health

Iowa County Veteran Services Office location at 303 Chapel st.,  
Suite 1300, Dodgeville, WI 53533

1<sup>st</sup> & 3<sup>rd</sup> Friday of every month 9:00am-3:30pm. Sponsored by:

**Madison Vet Center at 608-264-5342 Jonathan Howell**

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## Sauk Co.

**Grief Support Group:** 1670 S. Boulevard Baraboo, 800-553-4289. (also  
Richland County)

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## Grant Co.

**Grief Support Group-** Schreiner Memorial Library. Last Monday of each  
Month @ 6:30pm. Lead by Kim White, Mindfulness Matters

**Compassionate Friends-** 2<sup>nd</sup> Monday of the month at 6:30pm. Boscobel  
Public Library. Lead by Tammy Clauer: [tammy.clauer@gmail.com](mailto:tammy.clauer@gmail.com)

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## ONLINE RESOURCES:

**Alternatives to Suicide Support Group** – After an Attempt Group.

- Wisconsin Based: 2<sup>nd</sup> & 4<sup>th</sup> Thursday 7:00pm-8:30pm. Contact [psw@Mhawisconsin.org](mailto:psw@Mhawisconsin.org) (414) 336-7970

**Survivors of Suicide Loss** –18yrs+ that have lost someone to suicide.

- [Healingconversations@afsp.org](mailto:Healingconversations@afsp.org)

**Sharing Grief of Suicide Loss- 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of the Month.** Confidential

SOS Group at Journey Mental Health Center, Madison, WI **608-280-2435**

E-Mail: [sos@journeymhc.org](mailto:sos@journeymhc.org)