

Suicide Prevention Newsletter

Suicide Prevention Corporation Southwest WI

January 2024

Events



Bowling & Trivia Fundraiser Feb 3, 2024

Dodger Bowl 318 King St.
Dodgeville, WI
www.suicide-SWWI.org



Zoom Young Adult

Support Group (18-30)

1st & 3rd Sunday @ 6:30p-8:00pm

www.namidanecounty.org/support

Support email before 4:30pm:
contact@namidanecounty.org

Trainings



Crash Course in

Adolescent DBT (8.0CEU)

Jan. 19 & 26, 8a-12pm(\$135)

Virtual Thru UW Green Bay

Contact: tulachkj@uwgb.edu



**Intro to DBT Skills & Core
Mindfulness (4.0 CEU- \$60)**

Jan. 25, 12:30p-4:30p

Virtual Thru UW Green Bay

Contact: tulachkj@uwgb.edu



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.
- **Compassionate Friends** Christmas Service on Dec 10, 2023.
- **Dodgeville High School** Boys & Girls Basketball Games Jan. 2 for hosting a Suicide Prevention Sports Night.

Get Something Going in Your Community:

Start Planning now for your business, community, or school.

- Business window display with mental health facts/resources
- QPR Trainings; EMT, Police, City employees, church groups, or set as freshmen orientation for schools.
- Community bonding event; nature hike, yoga, self-care event
- Library Program; Book display, journaling, random act of kindness, or mindfulness event.
- Set up to take place monthly gatherings of relaxation/ deep breathing, laughter, new hobbies, or Support Group.

Find ideas: www.Suicide-SWWI.org "Prevention."

Mark Your Calander 2024!

April 13: Bowling Tournament & Silent Auction Boscobel, WI

May (all month): Mental Health Month

- Suicide Shoe Memorial, Mineral Point.

July 7: Memorial Walk & Live Butterfly Release in Ridgeway

September (all month): Suicide Prevention Awareness Month

Donate to the Silent Auction Feb. 3 !

Look at what has already been donated!

<https://www.suicide-swwi.org/auction-fundraiser>

If you're in the giving spirit or find a big-ticket item after the holidays, consider donating to our silent auction! Create a basket with your community group, family or friends and donate, Before Jan. 25

Grief Support Groups in Southwestern Wisconsin

www.Suicide-IowaCountyWI.org

LaFayette

Survivors of Suicide Grief Support Group

2nd Monday Monthly 6-8pm

Lafayette Co Multi-Use Bldg
11974 Ames Rd. Darlington

Vernon Co.

Survivors of Suicide Grief Support Group

3rd 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

Crawford Co.

Survivors of Suicide Grief Support Group

3rd Monday @ 6:30pm- 8pm

River District Hotel 130 S.

Main St., Prairie du Chien

sonya.anderson@crossingrivers.org

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Grief Support Group

1st Monday @ 5:00pm

Crossing River Health-

Polodna Conference Room

Haley Kregel: 608-357-2449

Richland Co.

Richland Coffee Club 1st

Thurs monthly 8-10AM @

Senior Center 608-647-1853

Iowa Co.

Sharing Grief of Suicide Loss- 2nd 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

3rd 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

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

Madison Vet Center at 608-264-5342 Jonathan Howell

Sauk Co.

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

Grant Co.

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

Compassionate Friends- 2nd Monday of the month at 6:30pm. Boscobel
Public Library. Lead by Tammy Clauer: tammy.clauer@gmail.com

ONLINE RESOURCES:

Alternatives to Suicide Support Group – After an Attempt Group.

- Wisconsin Based: 2nd & 4th Thursday 7:00pm-8:30pm. Contact psw@Mhawisconsin.org (414) 336-7970

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

- Healingconversations@afsp.org

Sharing Grief of Suicide Loss- 2nd & 4th Tuesday of the Month. Confidential
SOS Group at Journey Mental Health Center, Madison, WI **608-280-2435**

E-Mail: sos@journeymhc.org