

Suicide Prevention Newsletter

Suicide Prevention Corporation Southwest WI

February 2024

Events



Bowling & Trivia Fundraiser Feb 3, 2024

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

Trainings



Assessing & Managing Suicide Risk for Outpatient

February 21-22 (6.5 CEU)

8:30am-11:45am (\$135)

Virtual Thru UW Green Bay

Contact: tulachkj@uwgb.edu



Intro Motivational Interviewing

Feb. 28-March 6, 2024

**Virtual Self-Paced Thru UW
Green Bay (6.0 CEU -\$235)**

Contact: tulachkj@uwgb.edu



Family Based Youth Suicide Risk Management Workshop

February 28, 8:30am-4:30pm

\$35 – 7.0 CEU

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.
- All the businesses, families and individuals that donated or collected items for the silent Auction Feb 3 from 11:00am-4:00pm @ Dodger Bowl.

Get Something Going in Your Community: Register for the below FREE Workshops, then offer a location (library, church community center, conference room) for people to attend/ watch the sessions. We can add it to the website Calander!

6 Session Series for Parents offered by NAMI:

Feb. 24- March 30: Each Saturday 9:00am-11:30am

Contact: abusch@namisoutheastwi.org or (414) 326-3461

FREE 6 Session **VIRTUAL** classes for parents of adolescents who struggle with mental health, emotional or behavioral challenges such as; anger outburst, school/friend avoidance, withdrawing from activities, or shutting down at home?

- Treatment & recovery Options
- Child & Adolescent Brain Development
- How to Advocate for your Child
- Preparing a Crissi Response Plan.

Stories of Recovery in Native American Communities

February 20th - 9:30am - 11:30am CST VITRUAL

Contact: Alison.Wolf@rogersbh.org

Addressing stigmas around Substance use and Mental Health through speakers and stories. Hosted virtually from Wis.

EliminateStigma.org/events Virtual via Zoom. Free. ASL (American Sign Language) & Spanish Interpreters. You must register to attend.

www.Suicide-SWWI.org

“Prevention” Page lists programs and trainings for work, school or in the community at a library, church, or public gathering space. May is Mental Health Month, a perfect time to organize a training.

VA-SAFE

SAFE TALK

CALM

QPR

Mental Health First Aid

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