

# Suicide Prevention Newsletter

Suicide Prevention Corporation Southwest WI

January 2025

## Events



### Suicide-SWWI.org

Events Calendar on Home Page



**January 25, 2025**

**10:30am-4:00p**

**Bowling Tournament**

**Silent Auction 11- 4:00**

**Singo (Bingo) 1:00pm-3:00pm**

**& Trivia starts at 4:30pm**

Dodger Bowl.

Register: [www.Suicide-SWWI.org](http://www.Suicide-SWWI.org) "Events"

email any questions:  
SPCICWI@gmail.com



**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

## Trainings



**Zero Suicide Online  
Trainings**

Pace Yourself

<https://zerosuicide.edc.org/resources/trainings-courses>



## 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.
- **Farmers Savings Bank** Employees for wearing jeans to work and donating to Suicide Prevention!
- **Dodgeville Athletics** for sponsoring a Suicide Prevention Night during a Men's & Women's Basketball Games.
- **Lancaster Congregational Church** for including Suicide Prevention in their Festival of Lights.
- **Mid-West Farm Report** for airing an interview related to mental health and the holiday season.

## Spotlight Support Group:

**[www.ParentsHelpingParents.org](http://www.ParentsHelpingParents.org)**  
"Support Groups – Weekly Free Virtual"

Father Support Groups

Mothers Support Groups

Parenting in Recovery

Parenting Adult Children

Parenting Teens with Special Needs

Parents with children in Foster Care

Single Parents

Parenting Teenagers

Parenting Preschoolers

Parenting as a BIPOC

## Upcoming Events:

**February 22, 2025** Bowling Tournament & Silent Auction in Boscobel

**February 28, 2025** Moonlight Bowling (Black light) @ Dodger Bowl  
4pm-8pm: Youth Focus: Anti – Bully with LIVE performance by Shekinah King!

Email: SPCICWI@gmail.com

[WWW.Suicide-SWWI.org](http://WWW.Suicide-SWWI.org) Calendar of Events.

## HELP Needed: Silent Auction Items

**January 25** in Dodgeville & **February 22** in Boscobel

Bowling Tournament & Fundraiser with proceeds going directly back into Southwest Wisconsin efforts of preventing suicide and post care for those who have lost someone. Please donate an item, organize a church or community group to donate an item or contact me directly to solicit donations from your local community and donate.  
SPCICWI@gmail.com

# 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.

### Grief Support Group

La Farge Free Methodist  
Church on the  
3<sup>rd</sup> Wednesday @ 2:00pm

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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)