HOMICIDE SUPPORT NETWORK

Sacramento County District Attorney's Office

August 2022

http://www.sacda.org/helpingvictims/victim-witness/

Issue 7

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.



Facilitating Victim Advocates

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

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

Tatiana Morfas MorfasT@sacda.org 916-874-6741

UPCOMING MEETINGS

WELCOME BACK TO IN PERSON MEETINGS Next Meeting:

Wednesday September 5th, 2022 @ 6:30 pm

Kaiser Building across from Sacramento's DA's office 906 G Street, Sacramento CA

Please park behind the DA's office for free or on G street which has metered parking.

In Loving Memory

Sometimes I catch a glimpse,
In softened waves of blue,
My child, my heart ...when I see a smile,
I can't help but think of you.

Sometimes these waves fill oceans.

And feelings string on every shore,

A collections of each memory

And every way I wish for more.

Sometimes I watch for answers
Because each day I call to you.
I ask for faith and courage
And strength...to help me through.

Sometimes I ask for bravery
Like dolphins in the deep,
Because time moves oh so slowly,
And sometimes the road is steep.

Sometimes I want to scream.
This was not what I had planned.
Why you ever suffered,
A mom can't understand.

Sometimes I hear your laughter And remember you at play, But My Child I always miss you. Not sometimes, but every day.

Source: https://www.familyfriendpoems.com/poem/poem-for-a-parent-who-has-lost-a-child-sometimes

Don't tell me that you understand,
Don't tell me that you know.
Don't tell me that I will survive,
How I will surely grow.

Don't tell me this is just a test,
That I am truly blessed,
That I am chosen for this task,
Apart from all the rest.

Don't come at me with answers
That can only come from me,
Don't tell me how my grief will pass...
That I shall soon be free.

Don't stand in pious judgment Of the bonds I must untie. Don't tell me how to suffer, And don't tell me how to cry.

My life is filled with selfishness, My pain is all I see, But I need you, and I need your love... Unconditionally.

Accept me in my ups and downs, I need someone to share, Just hold my hand and let me cry, And say, "My friend, I care."

J. HENDEL

www.TheSilverPen.com

Dedications to your loved ones can be featured in the newsletter. Please submit them to Michelle Husbands at husbandsm@sacda.org by the 10th of the previous month you would like the dedication to appear. Eg. Dedications for the May's newsletter should be submitted by April 10th

Memorial Quilts: If you are interested in having a picture of your lost loved one placed on a quilt, please contact your victim advocate for instructions on how to complete that process.

Meeting Dates & Times: Sept 7th, 2022 @ 6:30 pm

Oct 5th, 2022 @ 6:30 pm Nov 2nd, 2022 @ 6:30pm

Children's Support Groups: Sutter Memorial Children Bereavement Art group for ages 4-16 contact 916-887-5275 for various locations in Sacramento County. www.sutterchildrens.org/childbereavement

UC Davis Hospice young adult group for ages 17-24. Please contact Don Lewis @ 916-734-1139. Closed group which meets once a week for 8 sessions.

SNOWLINE Healing All Together provides FREE groups for children, teens and their families at the Sacramento Children Museum, 2701 Prospect Park Dr, Rancho Cordova, CA 95670 Contact their Bereavement Services section at 530-621-7820 or 916-817-2338 to enroll in group.

https://snowlinehospice.org/our-services/grief-services/grief-support-services-grief-support-groups

REMEMBER ME BEARS: Anyone interested in having a bear made from an article of clothing, blanket etc. that holds special memories of your loved one, may contact Ms. Sharon Bell at 707-678-3738. The cost is \$30 and she is willing to work with those who may have financial difficulty. The materials should be mailed to her at 1380 West F street, Dixon CA 95620. Here is a link of her sharing her journey https://vimeo.com/353432975

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. They meet the first Saturday of the month from 10:00am to 12:00 pm, at Antelope Springs Church, 4555 PFE Rd, Roseville, CA 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 7:30-9:30 pm at the St. Mark's United Methodist Church, 2391 St. Marks Way, Sacramento CA 95864. Use the parking lot on Lusk in front of the Education Bldg. Meeting is upstairs in room E- 26 also accessible by elevator. Please contact the general number with questions pertaining to the group or email them at tcfsacvalley@gmail.com

Sacramento Valley Compassionate Friends Men's Sharing meeting is every second Tuesday of the month 7:30—9:00 pm at Christ Community Church 5025 Manzanita Ave, Carmichael in Rm 15. Parking is in the back.

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; Earline Harris: 916-204-3399

www.thecompassionatefriends.com

www.1800victims.org

www.crimevictimsunited.com

<u>www.cvactionalliance.orq</u> Crime Victims Action Alliance

www.pomc.orq

www.pomc.org/sacramento