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.

Victim Advocates

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

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

UPCOMING MEETINGS

SUMMER BREAK NO MEETING JULY & AUGUST

Next meeting September 3rd, 2014

Sacramento District Attorney’s Office
901 G Street, Sacramento CA
Please park in the jury lot on 8th & G, or behind the building and enter through the back door.
<table>
<thead>
<tr>
<th>June Dates of Birth</th>
<th>June Dates of Loss</th>
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<tbody>
<tr>
<td>Allen Qualls</td>
<td>Brandon Timmons</td>
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<tr>
<td>George Edward Haynie, Jr.</td>
<td>Otilla Carrington</td>
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<tr>
<td>Mi’Angelo Cordero</td>
<td>Freddie Rodriguez III</td>
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<tr>
<td>D. Johnson</td>
<td>Wesley Hunter</td>
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<tr>
<td>Andres Martinez</td>
<td>Jesus J. Morales</td>
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<td>Timothy Donaldson, Sr.</td>
<td>Derek C. Mathis</td>
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<td>Derek C. Mathis</td>
<td>William Gomes</td>
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<td>Donte’ M. Rogers</td>
<td>Carl J. Johnson</td>
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<tr>
<td>Steve Morris Smith</td>
<td>Sha Tavia Leann Westbrook</td>
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<td>Jerry Johnson Jr.</td>
<td>Damon Jacob</td>
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<td>Juan Jose Guzman</td>
<td>Michael Anderson</td>
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<td>Lonnie L. Taylor</td>
<td>Juan Jose Guzman</td>
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<tr>
<td>Eirka Renee Barrios</td>
<td>Travis Leon Hempstead</td>
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<td>Jonathan Giurbino</td>
<td>Erick Anthony Young</td>
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<tr>
<td>Paul Ray Cousins III</td>
<td>Augusto E. Lopez-Garcia</td>
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<tr>
<td>Patrick Razaghzadeh</td>
<td>Gabriel Martinez</td>
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<tr>
<td>Shawn Chaney</td>
<td>Aaron M. Straughters</td>
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<td>Francisco Jesus Medina-Tomas</td>
<td>Joseph Roneel Dutt</td>
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<tr>
<td>Thomas Massie</td>
<td>Mary Ourk</td>
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<td>Lanajah Nachelle Dupree</td>
<td>Marie Buchanan</td>
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<td>Monica Anderson</td>
<td>Damon Jacobs</td>
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<td>Pamela Johnson</td>
<td>Floyd Wehe</td>
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<td>Travis Smith</td>
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<td>Braeden Gardner</td>
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<td>Anthony Lamar Barnett</td>
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<td>Avery Sanders</td>
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<td>James Arthur</td>
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Not Enough Time

The time we had, Dad,
Wasn't nearly enough
To pack in an entire
Lifetime of love.

There are so many questions
That I need answers to,
But now that you're gone
There's no way to ask you.

But there are still photos
To remember you by,
Each time I look at them,
I still want to cry.

They say grief is easier
to bear as time goes by,
But the doesn't stop me
from wondering why?

Why my dear, sweet dad
Was taken so soon,
When he was my guiding star,
My sun and my moon.

There are no answers
To a question like this,
So I'll cherish your memory,
And mourn the years we'll miss.

Reprinted from the website Lovetoknow.com

“[A] final comfort that is small, but not cold: The heart is the only broken instrument that works”
The Scream

The smile you see is not all of me, for I am not what I seem.
I laugh and smile but all the while, my smile holds back a scream.
For when I see a little boy, playing on the sand
I think about my little boy, and I want to hold his hand.

And when I see a dark-haired teen so happy and so free
I think about my youngest son who died at seventeen.
That’s when the scream comes welling up, from in my soul so black,
And so my smile must block it in, and laughter hold it back.

I saw him born and watched him grow, into a bright young man.
But through the years I couldn’t know all that God had planned.
The suffering within my heart is evident to none.
I do my job, I play the part, and miss my youngest son.

And now he would be twenty-one; I see him in my dreams
I celebrate the milestones while my smile holds back a scream.
For four long years I’ve ached for him; his smile and warm embrace
His goals, plans, hopes and dreams, the loss of all I face.

So, when they say “She takes it well; she’s so strong, we all can tell.
How well her life continues on, almost if he wasn’t gone.”
Remember that I’m not so sane; pretending, keeping up the game,
My nightmare life trapped in a dream. You see, my smile holds back a scream.

By Terri Lancaster, In Loving Memory of David C. Ford April 17, 1988- April 12, 2005
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 directions on how to complete that process.

Meeting Dates & Time: Summer break July & August (possible informal meeting in local park) please contact Buff @ 916-534-3322 for more information.

Next meeting September 3rd 2014 @6:30 pm @ Sacramento District Attorney’s Office

Children’s Support Groups:

Sutter Memorial Children Bereavement Art group for ages 4-16 contact Peggy Gulshen @ 916-454-6555 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. Please call for more information.

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.
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. Meetings are the 4th Monday of each month from 6:30 pm - 8:00 pm at 5770 Freeport Blvd, Sacramento CA 95822. For additional info. call (916) 899-0090

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 7:30-10:00 pm at the St. Mark’s United Methodist Church, 2391 St. Marks Way, Sacramento CA 95864. Please contact Pamela Amo @ 916-955-3180 for questions pertaining to the group.

VIVA—Volunteers in Victim Assistance is a full service center for victims of violent crime and trauma. It is located at 2020 Hurley Way, Suite 265 Sacramento CA 95825. Tel # 916-570-1690. They serve victims primarily in Sacramento County, but they can also serve victims in El Dorado, Placer and Yolo counties. Please contact them for additional information.

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.
Vijay Butler: 916-837-0066; Grace Beren: 916-730-5640
Earline Harris: 916-204-3399

www.thecompassionatefriends.com
www.groww.com—— Online grief support group
www.1800victims.org
www.crimevictimsunited.com
www.cvactionalliance.org Crime Victims Action Alliance
www.pomc.org
www.pomc.org/sacramento