

HOMICIDE SUPPORT NETWORK

Sacramento County District Attorney's Office

April 2022

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

Issue 3

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

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UPCOMING MEETINGS

WELCOME BACK TO IN PERSON MEETINGS

Next Meeting:

Wednesday May 4th, 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

April Dates of Birth

Ronald Westley Swift	04/29/1981
Quinnisha Thomas	04/21/1984
Travell Collins	04/15/1979
Michael Ross	04/05/1984
James Robert Treiberg	04/15/1969
Larry Carrisosa	04/27/1949
David L. Sargent II	04/12/1975
Michelle Montoya	04/23/1979
Vikki Lynn Lustig	04/01/1968
Glenn C. Whitten	04/25/1977
Robert Booher	04/22/1942
Michael Izell Brown	04/19/1982
Travell Collins	04/15/1979
Donnell Harden	04/17/1969
Manuel Alexander	04/11/1971
Julie Ann Carrera	04/09/1977
Michael Ross	04/05/1984
Fredrick Karl Johnson	04/26/1965
Clifford Owens	04/06/1983
Bart Santiago	04/28/1962
Xochitl Djeda Martinez	04/24/1971
James Laskey Ramirez	04/27/1987
Roosevelt Cambell Jr.	04/05/1966
Albert Lloyd Titman	04/16/1986
Robert Christopher Placencia	04/12/1989
Adrian Hutchins	04/20/1986
Larry Gibbs	04/28/1971
Damon Perkins	04/19/1980
Valeeya Brazile	04/07/2004
Leo Velasco	04/13/1986
Isaac-Michael Bartkovsky	04/26/1990
Divya Madelyn Ram	04/20/2006
Rebecca Layson	04/26/1992
Avery Sanders	04/20/1952
Karen Curtin	04/29/1959
Truly Lo	04/12/1998

April Dates of Loss

Nancy Jenkins-Smith	04/21/2001
Tamar Puccinelli	04/05/1993
Stephanie Murphy	04/15/1999
Adam Todd	04/30/2000
James Jones	04/24/2003
Ryan Smith	04/28/2002
Nicholas Bateman	04/02/2000
Demetrio N. Nambo	04/24/1994
Francis Smith	04/17/1998
Thomas Swafford	04/27/1998
Julianna Lacefield	04/11/1998
Andrew Montano	04/17/1998
Mi'Angelo Cordero	04/16/2002
Cheryl Brinkley	04/10/2005
Kevin Moore	04/26/2005
Michael Villescaz	04/24/1994
Roosevelt Cambell Jr.	04/23/2006
Raymone Joseph Washington	04/23-2006
Lonnie L. Taylor	04/23/2006
Gary James Maryland	04/13/1996
Victor Lima	04/11/2006
Raymond Lee Robinson	04/11/2006
John Kenneth Green	04/12/2008
Alexander Villa	04/04/2009
Thomas Kimble	04/16/2009
Katricia Banks	04/11/2009
Leo Velasco	04/24/2009
Dusty Rose Vazquez	04/09/2009
Martin Ramirez Jr.	04/11/2009
Jazzmyne Sharnae Bruner	04/15/2010
Francisco ' Frankie 'Flores	04/14/2011
Ubaldo Barraza	04/22/2012
Charles Wayne Smythe	04/28/2001
Nichole Riolo	04/22/2015

Sacramento Chapter of Parents Of Murdered Children



Annual Balloon Release

Monday, April 25, 2022

From 11:30 am to 1:00 pm

With the Balloon Release scheduled for 12:00 pm

At the McKinley Rose Garden

Sacramento California

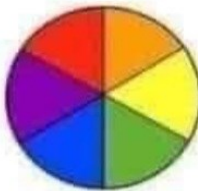
**Please contact Misty Foster Chapter Leader
at SacPOMC@gmail.com with any questions.**

What people think therapy is:



Talking about your problems to a therapist

What therapy actually is:



Talking about your problems to a therapist

Psychological education

Between session tasks

Building awareness of your thoughts, emotions and behaviors

Making changes to your thoughts and behaviors

Learning and practicing coping strategies

if you've experienced trauma you may need:

* MORE sleep than most people

* a routine that values gentle movement

* to take breaks during arguments or intense emotional experiences.

* long term therapy even after 'processing' the experience

* space to check out of social events & recharge

* more time to get to know someone before trusting them.

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: May 4th, 2022 @6:30 pm
June 1st, 2022 @ 6:30 pm
July 6th, 2022 @ 6:30 pm

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://www.snowlinehospice.org/our-services/griefsupportgroups>

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

www.cvactionalliance.org Crime Victims Action Alliance

www.pomc.org

www.pomc.org/sacramento