

This day is free of charge made possible from funds raised by our generous sponsors:



### Walk for Hope

W.L. Case Funeral Home

Catholic Family Services

St Lorenz Lutheran School

Catholic Federal Credit Union

Ware-Smith-Woolever  
Funeral Home

Saginaw Community Mental  
Health Authority

Yellow Ribbon

Michigan Psychiatric Associates

Bay-Arenac Behavioral Health

### DIRECTIONS:

St Lorenz Lutheran School  
140 Churchgrove Road  
Frankenmuth, MI 48734

From I-75 exit #144 Bridgeport/Frankenmuth

Dixie Hwy east toward Frankenmuth to  
Junction Rd.

Junction Rd. east toward Frankenmuth.

Junction Rd. becomes Genesee at the  
Frankenmuth City Limits

School is on the corner of Genesee  
and Churchgrove Rd.

Use the Parking lot off of Churchgrove Rd.

Approximately 5 miles from I-75.

Call Barb Smith for more information  
989-781-5260 or email sosbarb@aol.com

## Hope, Health and the Holidays

# HOPE



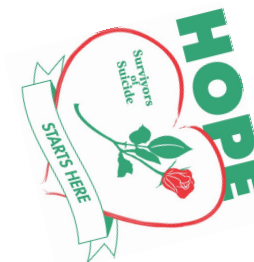
*Special Event for Families and friends  
left behind after a loss to suicide*

**Saturday November 19, 2011**

**9:00am-2:30pm**

**St. Lorenz Lutheran School  
140 Churchgrove Road  
Frankenmuth, MI 48734**

*Hosted by  
Survivors of Suicide*



Survivors of Suicide  
PO Box 6712  
Saginaw MI 48608-6712

Place  
Stamp  
Here

**Pre-registration encouraged  
Mail information to address below:**

**Survivors of Suicide  
PO Box 6712  
Saginaw MI 48608-6712**

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Name of loved one \_\_\_\_\_

Relationship to loved one (ex. friend, spouse, child) \_\_\_\_\_

Date of death \_\_\_\_\_

**Lunch provided at no charge**

*(Registration accepted at the door)*

**REGISTRATION:** 9:00-9:45am - Viewing of Resource Tables and Participate in Activity Projects\*

*\*Please bring a picture of your loved one if you would like to do so for special activities.*

**HOPE, HEALING AND THE HOLIDAYS:**

Barb Smith will walk you through the multitude of emotions that may come after a death to suicide; from the onset . . . to a new normal . . . to honoring your loved ones. She will talk about the complicated grief that individuals may experience to better help understand the healing process.

**WHAT HELPED AND WHAT HURT:**

Hear the stories of two families who are walking their grief journey and share ways that helped them survive their loss of loved ones to suicide.

**HEALING HEALTHY:**

Resources on self care and nurturing yourself for healthy healing. Introducing resources in our communities. Available for purchase: remembrance jewelry, healing oils and books. Self care and pampering yourself activities!

**HOLIDAYS:**

Art therapy - make your own memory bulb to take home as a "remembrance".

**LUNCH:**

No charge to attendees. Catering by Kern's Sausages Inc.

***Our Gift To You!***

**THE CHALK GUY... BEN GLENN:**

Returning by popular demand he will mesmerize the audience with his beautiful art work! This is truly an amazing gift of art to watch unfold. You can see him on [chalkguy.com](http://chalkguy.com)

**"MADE WITH LOVE"**

Display of the new memorial quilt made with loving hands by Mary Miller. This quilt pictures loved ones lost to suicide honoring their life. There will be an opportunity to participate in the making of a new memorial quilt.

**For more information:**

Call Barb Smith at 989-781-5260

sosbarb@aol.com

[www.saginawurvivorsofsuicide.org](http://www.saginawurvivorsofsuicide.org)

**Background on Today's Happenings**

**The ChalkGuy  
Ben Glenn:**

Ben's creative and unique Chalk Media programs have been a gift with hundreds of groups across the world. He will mesmerize the audience with music, lights low, and beautiful art work. Ben's programs are dedicated to sharing a positive, life-changing message of hope. Although there are times we may feel dark, and hopeless, Ben reminds us that once again we will find beauty and light in this world. His words of hope and testimonies are sure to help "Heal the Spirit" of those who are grieving.



**Barb Smith:**

Barb is a private consultant for grief and suicide; she is founder and facilitator of Survivors of Suicide here in Saginaw and has worked with families for over 22 years. Barb is certified in prevention, intervention and the aftermath of suicide. She has spoken to over 60,000 people throughout

Michigan and is the state Yellow Ribbon coordinator (proactive, youth suicide prevention program) Barb has trained first responders, educators, faith communities, students and anyone who will open their doors to a better understanding on how to prevent suicides and support those left behind after a death. Barb is a survivor of 2 family members and a friend.

**Survivors of Suicide Support Group:**

This ongoing local support group and outreach organization has been serving the people of Michigan for 22 years, bringing survivors together for a common purpose as a reminder that you are not alone. There are over 36,000\* listed suicides in the United States with over 1,100\* right here in Michigan (\*Source CDC website). SOS offers an ongoing support group, outreach, trainings, educational programs, phone consulting, resources and hosting special events.

**Walk for Hope:**

This event was made possible in major part by the "Walk for Hope" funds raised at this years community walk held at Northwood University. Please join us for another awareness/fundraising walk in August 2012; Whereas this year's we had over 500 walkers/runners, it is our goal to increase the number of participants.

