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## Resources

### Hotlines:

Text WYO to 741 741

Call 1-800-273-8255

The Trevor Project

**1-866-488-7386**

Safe2Tell Wyoming

**1-844-996-7233**

### Websites:

[www.gracefor2brothers.com](http://www.gracefor2brothers.com)

<https://www.suicidology.org/>

<http://www.bullying.org/>

<https://edu.wyoming.gov/in-the-classroom/health-safety/facilities-safety/>

Thank You for your continued support



## Grief and the Holidays



Holiday season can be a very hard time of year for people in general, but in particular, it is difficult for those grieving the loss of a loved one. If you are grieving this holiday season, we want you to know that you are not alone. We have resources for those who are struggling, along with our Grief Support Groups in Cheyenne and Laramie. Please see the information below:

- Cheyenne: Laramie County Library- Sage Room. 3<sup>rd</sup> Tuesday of every month. 6:30 PM - 8:00 PM. Contact [trish.chacon@gracefor2brothers.com](mailto:trish.chacon@gracefor2brothers.com) for more information.
- Laramie: Ivinson Memorial Hospital. The 3<sup>rd</sup> Thursday of every month. 6:30 PM - 8:00 PM. Contact [dan.hedrick@gracefor2brothers.com](mailto:dan.hedrick@gracefor2brothers.com) for more information.

It is important to remember that some people will grieve differently over the holidays and may not act as expected. Grievers must make sure to practice self-care, and go easy on themselves, as they may feel more overwhelmed than usual. Remember that it is okay to say no, to change traditions, or create new ones. One idea is to put up a Memory Stocking that can be filled with happy thoughts about a lost loved one. For more information, please see *64 Tips on Surviving Grief During the Holidays*: <https://whatsyourgrief.com/64-tips-grief-at-the-holidays/>.

For more online resources, we recommend the following websites and online forums:

- Alliance of Hope for Suicide Loss Survivors: *Resources, suggestions, hope, and support for survivors of suicide loss. Includes a community forum, blog, and video links.* <https://allianceofhope.org>
- SAVE (Suicide Awareness Voices of Education): *Finding hope, support groups by state, grief packets, guidance, and memorials.* <https://save.org/what-we-do/grief-support/>
- TAPS (Military): *Tragedy Assistance Program for Survivors is a community for military members and their families who have experienced loss of a loved one to suicide.* <https://www.taps.org/suicideloss>
- Our House Grief Support Center: *Provides grief support and resources specific to different age groups and types of grief.* <https://www.ourhouse-grief.org/grief-pages/>
- Grief Share: *Resources, support groups, advice, and encouragement for those experiencing grief.* <https://www.griefshare.org>
- Open to Hope: *Articles, podcasts, videos, and links to books about grief and loss.* <https://www.opentohope.com>
- NAGC (The National Alliance for Grieving Children): *Local support searches, resources, toolkits, and activities geared toward grieving children.* <https://childrengrieve.org/>



### Contact Us

[www.gracefor2brothers.com](http://www.gracefor2brothers.com)

307-256-3344

1607 Capitol Ave #330

No matter how messed up you think you are, there will always be someone that loves you & still thinks you're amazing.  
WWW.YANLAVIGNE.NET

Cheyenne WY 82001

### WE WANT YOU!!!!!!

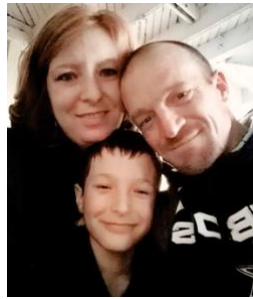
Are you and your friends looking for ways to give back or want to give some of your time to help?

Contact Katie Baxter

[volunteercoordinator@gracefor2brothers.com](mailto:volunteercoordinator@gracefor2brothers.com)



## Volunteer of the Month



For the month of December, we would like to honor the wonderful Candy Snead. Candy was introduced to Grace for Two Brothers by her friend Leslie Zimmerschide through the Episcopal Church about 4 years ago. As a family, Candy, her husband Norm, and her son Adin volunteer for several events each year, such as the Walk of Grace, Step Out Speak Out Sing Out, volunteer nights, and more. Candy also does QPR trainings and just recently became ASIST trained



as well. Just this year, Candy set a personal goal to train 200 people QPR in our community, and she has met and exceeded that goal. Candy says, "As a family we feel the work done through G42B is important. And having several of our own family members lost to their own suicide, we understand the need and feelings that surrounded it. I hope that through these events and trainings others will be able to recognize the signs of suicide and be able to step in to help. G42B has given me a chance to do something positive for my community and for myself. I had struggled with the loss of my loved ones, and thankfully have found a community of healing and hope with Grace For 2 Brothers." Thank you, Candy, we think you are amazing, and we really appreciate you and your family's involvement with us!

## Volunteer Night/QPR Training

We will be holding another volunteer night on Wednesday January 22<sup>nd</sup> from 6-8 PM. During this time, we will also be offering a QPR ([www.qprinstitute.com](http://www.qprinstitute.com)) training that evening for active volunteers. Please allow until 9 pm if you decide to do the training, as you cannot be certified if part of the training is missed. The training is free and there will be snacks and drinks provided. Space for the training is limited, so please register for the training by sending an email to [volunteercoordinator@gracefor2brothers.com](mailto:volunteercoordinator@gracefor2brothers.com). No need to register if you would just like to volunteer that night. If you cannot attend, but would still like to contribute, we are looking for supply donations. We are in need of 2 pocket folders, notebooks/journals, colored permanent markers, rubberbands, ink (HP 950XL and 951), and office furniture.

The following links are examples of needed supplies that can be found at the Dollar Tree. They can be sent directly to Grace for 2 Brothers, 1607 Capitol Ave. #330, Cheyenne, WY, 82009. All donations are tax deductible.

- <https://www.dollartree.com/jot-100-sheet-classic-black-white-composition-notebooks/20585>
- <https://www.dollartree.com/jot-permanent-fine-point-markers-8ct-packs/178294>

If you buy regularly through Amazon, Amazon Smile will contribute .5% of your purchases of Amazon Smile eligible products to us if you buy through this link: [smile.amazon.com/ch/27-1304145](https://smile.amazon.com/ch/27-1304145)

Thanks in advance for your contributions to our cause!

Happy Holidays to you all!