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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



## Save the Date: Giving Tuesday

Calling all musicians, poets, comedians, magicians, or anyone of the sort! We are looking for people who are interested in sharing their talents at our upcoming Open Mic Night on December 3<sup>rd</sup> from 6-8 pm in the Paramount Cafe! Don't feel up to sharing? That's perfectly fine! Come spend time with the Grace Family and just have fun! Interested in donating to our cause? That is wonderful too! We can't wait to see you there!



For more information on Giving Tuesday, please visit:

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

## International Survivors of Suicide Loss Day

### November 23<sup>rd</sup>, 2019

November 23<sup>rd</sup> is International Survivors of Suicide Loss Day. We understand the struggle that comes with suicide loss, and we are here to support you. If you are grieving from a loss, we can connect you with resources and support groups. Please let us know, we are here to help.

There will be an event for survivors of suicide loss held in Laramie at the University of Wyoming that day from 10 am - 3:00 pm. It is sponsored by AFSP Wyoming and UW Lifesavers Initiative. The event includes Keynote Speaker and GF2B Volunteer of the month (see next page) Dan Hedrick, an Ask Me Anything panel, lunch, Pathways to Healing: Hope After Suicide Loss, group break out sessions, and a closing ceremony. For more information, please check out the following links: [https://afsp.org/survivor\\_day/laramie-wyoming/](https://afsp.org/survivor_day/laramie-wyoming/) and on Facebook at: <https://www.facebook.com/events/547691622672274/>.



We also have two Grief Support Groups:

-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: Iverson 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.



**Contact Us**

**www.gracefor2brothers.com**  
**307-256-3344**  
**1607 Capital 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*



**Key Contributor Award**



In late September, Grace for 2 Brothers was awarded the Key Contributor Award 2019 at the Peak Wellness Center annual banquet. It is a true honor to receive this award, and we would like to thank Peak Wellness Center for all they do for our community and for their continued partnership with us!



**Volunteer of the Month**



Our first Grace Volunteer of the Month is well-deserved and goes to our Grief Support Coordinator, Dan "Danno" Hedrick! Danno has been with GF2B (founded by BJ Ayers in 2009) for many years. When his younger brother took his life, in December of 2011, Danno and his family started attending the Cheyenne Hour of Grace (HoG) support group. He took over facilitating the Cheyenne HoG in August of 2012 until May of 2017. Dan was also on the Board of Directors from May of 2013 until December of 2016.

In March of 2015, Dan advised and helped to start the Albany County Suicide Prevention Task Force. He founded the Laramie HoG Support Group in May of 2016 and continues to travel there every month for meetings. He also founded the Wheatland HoG Support Group in May of 2017 and ran up there every month until April of 2018. He still acts as a supporter if the county is in need. He also set up and facilitated the International Survivors of Suicide day from 2013 to 2016. He is speaking at the one this year, on November 23<sup>rd</sup> (see previous page).

Through his hard work and dedication, Dan was the first recipient of the Spirit of Grace Award that is given out yearly. Dan's story was featured in the Rolling Stone article, *All American Despair*, in June of 2019 (read the article here: <https://www.rollingstone.com/culture/culture-features/suicide-rate-america-white-men-841576/>).

He took over the Laramie County LOSS (Local Outreach to Suicide Survivors) Team in December of 2018, which had been founded and run by Rhianna Brand and Laramie County Coroner Rebecca Reid. Currently, Danno is the Director of the LOSS Team and the Grief Support Coordinator.

Dan Hedrick is certified in the following: QPR Trainer since 2014, ASIST (trained in) since 2014, Mental Health First Aid for Youth in 2014, Mental Health First Aid for Adults in 2014, and Youth Suicide Loss Group Facilitation since 2017.

GF2B was, and continues to be, a client of Danno's company, 3rd Eye Promotional Products (<http://www.3rdeyepromo.com/>). Dan, thank you for every ounce of energy you have poured in to make the GF2B Foundation what it is today. You are a vital part of Grace For 2 Brothers Foundation and we are so incredibly grateful for you!