

Resource Center for Victims of Violent Death



STEPPING STONES



NEWSLETTER - January 2014

Our mission is to bridge the gaps in the availability of information and resources that impede and discourage victims/families trying to deal with the aftermath of violent death, undetermined deaths, questioned suicides, and attempted murders, by taking one step at a time. Our purpose is to provide stepping stones to form a bridge from a place of vulnerability to a place of informed decision-making and next steps to healing and positive resolution.

Stepping stones to begin a new year...



Information

We are available in person, by telephone, on-line, in group sessions, and /or with home visits, to answer your questions in order to provide you with the information you need to take next steps. No question is wrong, or too simple, or too complex to ask, or for us to try to find the answer for you,

We have drop-in hours Monday-Friday from noon – 3pm at our Atrium office should you want or need in-person information time.



Support Groups

We offer four (4) group meetings each month:

- ✓ 2nd Tuesday - Albuquerque office 1pm-3pm
- ✓ 3rd Wednesday - Albuquerque office 6pm-8pm
- ✓ Last Wednesday - Los Lunas 6pm-8pm
- ✓ Last Thursday - Rio Rancho 6pm-8pm

Why attend a group? How can a group help?

See page 2 for more information...

January - Looking back and moving forward...

The first month was called Januarius by the Romans, after Janus, the god of doors and gates. Doors or gates let you go in or go out. We will strive to help you look back and then use stepping stones to move forward into the future, changed though it may be.

- Looking back on 2013, we provided services to more than 75 people.
- Looking forward to 2014, we are working on more ways to make services and information available throughout the state.



GROUPS are one of the **STEPPING STONES** to help you reach the bridge over the river of grief and confusion that threatens to engulf you. From a bridge you can look down on the grief from a safe place, and then cross over.

WHY ATTEND A SUPPORT GROUP? - HOW DO GROUPS HELP?

- **Relief from isolation – be with people who know what you have gone through and are currently experiencing**
- **A place to tell your story...again and again...when others don't understand why you must repeat the story**
- **Freedom to express negative feeling – when others may get upset when you say angry or negative things**
- **Freedom to have a smile, even a laugh, with people who share the pain you are experiencing and may welcome a chance to occasionally smile too**
- **Returning to Group for consecutive sessions lets you recognize growth (or the lack of growth) in yourself and in others. You see, reflected in others, the fact that life can and often does get better**
- **You can learn and/or share skills, ideas, and coping techniques**
- **Your story and your example will help others not to feel so alone– Helping others, helps you as well**
- **We have events, group projects, speakers, and sometimes *food* at group meetings. Believe it or not, such meetings can be enjoyable**

Our December 18th Snowflake Remembernce evening was a good example of the vaule of group support...

See Page 4 for a calender of group dates and locations for January – March 2014

Each December we have a remembrance event – we call it – A Snowflake Remembrance. The evening of food, sharing, and ceremony was comforting to the 32 people, representing 12 loved ones lost to violent death, who attended. Our “snowflake” memory board displayed the names of the 77 deceased victims we honored - your loved ones.

Our President had a message in Spanish...

Saludos: Palabras no puede comenzar a expresar nuestro dolor cuando perdemos a alguien que amamos. Sin embargo, no existe una forma correcta o incorrecta de pensar. Recuerde las cosas positivas que todos compartimos. la alegría, risas, y los recuerdos de tantos buenos momentos. Estas son las cosas que tienen palabras. El dolor que siento por pérdida de mi hijo "Bino" es a veces insoportable, pero es el recuerdo de mi hijo que son valiosas.

Mi mensaje para ustedes: Permitir que su familia y amigos ser su fuerza y apoyo, junto con la cantidad de cosas que son amados. Muchas gracias y felices fiestas.

Gabino Venegas Presidente

**RESOURCE CENTER FOR VICTIMS OF VIOLENT DEATH
CONTACT INFORMATION**

 OFFICE	 TELEPHONE	 ON-LINE
<p><i>The Atrium Building</i> 10701 Lomas NE, Suite 115 Albuquerque, NM 87112 (just east of Eubank on Lomas)</p>	<p>505-243-2222 & 855-430-2232 (TOLL FREE) After hours contacts: Pat Caristo – 505-299-8712 Project Coordinator / Intake Joan Shirley 505-238-1663 Victim Advocate</p> <p><i>We can set up a conference call so you can join in if you can't get into Albuquerque.</i></p>	<p>E-mail: pacnia@usa.net Website: www.bridgesforvictimsofviolentdeath.org</p> <p>We are a 501 © (3) organization. Your donations are tax-deductible. Thank you, in advance.</p> <p><i>The Resource Center for Victims of Violent Death receives funding support from NMCVRC (2014-VA-236)</i></p>

RESOURCE CENTER'S GROUP MEETINGS

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Notes:
			1	2	3	4	Jan 20: Martin Luther King Day
5	6	7	8	9	10	11	Jan 14: 2 nd Tuesday afternoon group - Atrium Office 1-3 pm
12	13	14	15	16	17	18	Jan 15: 3 rd Wednesday evening group - Atrium Office 6-8 pm
19	20	21	22	23	24	25	
26	27	28	29	30	31		Jan 29: Last Wednesday evening group - 3445 Lambros Loop Los Lunas 6-8pm Jan 30: Last Thursday evening group 800 Polaris Blvd, Rio Rancho 6-8pm

February 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Notes:
						1	Feb 17: Presidents' Day
2	3	4	5	6	7	8	Feb 11: 2 nd Tuesday afternoon group - Atrium Office 1-3 pm
9	10	11	12	13	14	15	Feb 19: 3 rd Wednesday evening group - Atrium Office 6-8 pm
16	17	18	19	20	21	22	
23	24	25	26	27	28		Feb 26: Last Wednesday evening group - 3445 Lambros Loop Los Lunas 6-8pm Feb 27: Last Thursday evening group 800 Polaris Blvd, Rio Rancho 6-8pm

March 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Notes:
						1	Mar 9: Daylight savings begins
2	3	4	5	6	7	8	Mar 11: 2 nd Tuesday afternoon group - Atrium Office 1-3 pm
9	10	11	12	13	14	15	Mar 19: 3 rd Wednesday evening group - Atrium Office 6-8 pm
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	Mar 26: Last Wednesday evening group - 3445 Lambros Loop Los Lunas 6-8pm Mar 27: Last Thursday evening group 800 Polaris Blvd, Rio Rancho 6-8pm
30	31						

