



SATURDAY NOVEMBER 23,  
2019

# INTERNATIONAL SURVIVORS OF SUICIDE LOSS DAY

ASPEN POINTE CAFÉ 1675 Garden of the  
Gods Rd Colorado Springs, CO 80907

Register online [afsp.org/SurvivorDay](http://afsp.org/SurvivorDay)  
Bring a 4x6 photo of your loved one  
Registration begins at 10:00

♥HEARTBEAT  
Survivors After Suicide

## Agenda

10:45-11:00 Opening &  
introduction of AFSP Film

11:00-11:30 AFSP  
Documentary & discussion

11:30-12:30 Keynote  
Speaker, Lynda Shelhamer

Type of survivor groups

12:45-1:30 Lunch and raffle

1:30-2:30 Breakout Sessions

2:30-3:00 Butterfly Tree &  
remembrance ceremony

## Breakout Sessions

1:30-2:30

**Marlene Bizub**-The Long  
Grief Journey

**Deb Kinan**-Help for the  
Holiday Blues

**Mark Mayfield**-When Grief is  
Unbearable: Practical Steps  
to Engage the Process

**Teen Panel**

Questions?

Contact Elizabeth Allen  
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**American  
Foundation  
for Suicide  
Prevention**