



## 2010 News and Updates

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### SASS 2010 Walk News!

The 7th Annual SASS Walk is fast approaching us. Online registration is now available! The cost is \$25 per person and includes a 2010 SASS Walk shirt and all of the other goodies that our sponsors and donors provide. You are welcome to participate in both the Walk and Motorcycle ride if you choose for the same price. We also included a option for anyone that would like both a SASS Motorcycle ride and SASS walk shirt for \$10 more! Please follow the link below to get registered online. For more information please visit the [sass-walk page](#).



#### 2010 Save The Dates!

[7th Annual Remembrance Walk](#)  
[September 12th 2010](#)

[3rd Annual Remembrance Service](#)  
[November 20th 2010](#)

#### SASS-Mokan.com Links

[SASS-MoKan Main Page](#)  
[Calendar of Events](#)  
[SASS Area Support Groups](#)

#### NEW - SASS Downloads

We are working on making resources available for download, including previous newsletters.

[SASS 2010 Brochure](#)  
[SASS 2010 Q1 Newsletter](#)

#### SASS Helpful Internet Links

[HelpGuide.org](#)  
[Save.org](#)  
[FriendsForSurvival.org](#)  
[Everyminute.org](#)

[Click here for SASS Walk Online Registration](#)

### Everyminute.org

- There are some interesting articles related to suicide on this site. They offer a pdf download of some alarming statistics in general. [Click to download](#)

### SASS Downloads

- SASS now has the ability for getting you information via downloads. We will have a new section in our newsletter for links to these items as we get them done. We do have our new 2010 brochure available. We are also getting our old newsletters archived and they will be available soon.

### SAVE THE DATE:

Just announced—Healing Day # 1 February 20, 2011 at Boulevard Yoga. More information will be on the website and next newsletter.

### Books and Literature

Article - "Grief is not an option", By Mark Fenton, M.A. Chaplain

Mark Fenton recently hosted a seminar for those who have experienced the death of a loved one. He was gracious enough to write a article about grief. You can [download the article](#) or visit our [literature page](#) to read online.

About the Author: Mark Fenton, M.A. is a licensed healthcare Chaplain for Odyssey Hospice. Mark is on our SASS board and is also a member of Grief Support Network.

*"Each day is a new canvas to paint upon. Make sure your picture is full of life and happiness, and at the end of the day you don't look at it and wish you had painted something different—Author Unknown*

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Questions or comments? E-mail us at [info@sass-mokan.com](mailto:info@sass-mokan.com) or call Mickey and Bonnie Swade - 913-681-3050