



2010 News and Updates

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Website Additions Coming!



- We are adding some new content to our site at sass-mokan.com which will have download materials, media sections and much more. We will keep everyone updated as soon as we have it completed.

New Support Group in North KC



- SASS has added a new support group in North Kansas City. We welcome this addition for people that are looking for support closer to this area. Also we have updated all of the group information including maps and directions. Please visit the [area support groups page](#).

Remembrance Service Updates



- November 20th, 2010 is the 12th Annual National Survivors of Suicide Day. We are combining our 3rd Annual Remembrance Service with this day. Please check the [calendar of events](#) for more info.

SASS Brochure updates



- SASS is working on updating our brochure for 2010. As of this date it should be in printing. Our brochure tells about SASS and has some more recent statistics. We will make this available for download as soon as we can. The top right corner of this newsletter has our new front cover graphic and the three fold design front and back, is shown here on the left.



SASS-MoKan 2010 Brochure Art



2010 Remembrance Walk Links

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

SASS Links

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

March Healing Workshop

“Healing Your Grieving Heart”
 With yoga breathing
 And meditation
 When: Saturday March 20, 2010
 Time: 1:00–4:00pm
 Where: Darling Yoga
 11711 College Blvd, Overland
 Park, KS 66211
[Click for more information](#)

Books and Literature

Article - Posttraumatic Growth, By Bonnie Swade

We have all heard of Posttraumatic Stress Disorder but recently I came upon an article that discussed a term I hadn't heard before and that is Posttraumatic growth (Tedeshi, R.G., & Calhoun L.G. 2004) It refers to a positive change experienced as a result of the struggle with highly challenging life circumstances. These changes may cause significant changes to how individuals view their understanding of the world.

[Continue reading this article](#)

“Happiness is a form of courage.”

Holbrook Jackson

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Questions or comments? E-mail us at info@sass-mokan.com or call Mickey and

Bonnie Swade - 913-681-3050

