

Support Newsletter

June 2022

**For the families and
friends of those
who have died by
violence**



Parents of Murdered
Children National Office –
Cincinnati, OH

POMC Colorado

Front Range Chapter

ANNOUNCEMENT!

**At our meeting on June 18th, Michelle Boot
will be leading our Welcome Warmup by
teaching us various Trauma Yoga stretches
and breathing techniques!**

Don't miss out!

It's almost here!

The 36th Annual POMC Conference!!

Date: July 21-24, 2022

Sheraton Westport Lakeside Chalet

191 Westport Plaza

St. Louis, MO 63146

Room rates \$115.00 plus tax

1-888-627-7066

Please reference Sheraton Westport Chalet and POMC

Click the Website Link for more information:

<https://pomc.org/>

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“You Are Not Alone”

www.colorado-pomc.org

The Mission of POMC:

POMC makes the difference through on-going emotional support, education, prevention, advocacy, and awareness.

“We Are Here to Help”

- To support persons who survive the violent death of someone close as they seek to recover.
- To provide contact with similarly bereaved persons and establish self-help groups that meet regularly.
- To provide information about the grieving process and the criminal justice system as they pertain to survivors of a homicide victim.
- To communicate with professionals in the helping fields about the problems faced by those surviving a homicide victim.

***POMC National Office
635 W 7th Street, Suite 104
Cincinnati, OH 45203
Email: natlpomc@pomc.org
Website: www.pomc.org
Office: (513) 721-5683***

Love Gifts

Thank you from our Chapter for the following donation in honor of their loved one...

None currently

Comfort Corner

Victim Impact Statements

Victim Impact Statements are a powerful tool used in the sentencing phase of a violent criminal case by the Prosecuting Team. Your statement will be a part of the court record. This is your statement to let the judge (the court) know how this crime has and continues to affect you and your family.

Your Victim Impact Statement may be difficult and emotional to prepare and write. This is your time to let the court know exactly how this crime affects your family, friends and yourself. This is your time to let the court know about the life of your loved one.

Introduce your loved one in words for the court to hear. What was your loved one like? What memory of your loved one makes you smile? What memory makes you laugh? Talk about the last time you saw/spoke to your loved one.

You should stay, 'feeling focused' in your written victim impact statement. Your personal feelings of the effects of the crime can and should be in your statement. You may write about what events your loved one has missed and will miss.

Your statement may incorporate other survivors' feelings and thoughts. There is no length of a victim impact statement, however two to three typed pages is a good length.

Please be aware that your statement will be a part of 'aggravation' in a sentencing hearing. The Prosecuting Attorney and/or Victim Witness Personnel may review your statement prior to the sentencing hearing and they may have to delete or change parts of your statement that may not be appropriate for court. They should let you know about any changes that are necessary for your statement prior to court.

Avoid making statements to the murderer. Do not ask for a specific sentence for the murderer. This is the prosecuting attorney's job. He/she will include the sentence their office is asking for in their argument.

Remember, that you are in a court of law. Let any outbreaks happen OUTSIDE the courtroom. Sometimes the process is different than what you expect, and it may be confusing and irritating for you. But remember the Prosecuting Attorney and the Victim Witness personnel are there to answer questions concerns you might have. They should prepare you for what to expect during every phase of a criminal case, including the sentencing phase.

4-POMC Colorado Front Range Chapter

Your Prosecuting Attorney and Victim Witness Personnel are there to help you. They should assist you in your quest for information regarding the prison system where the murderer is going. At a later date, you may receive information what prison the murderer is in and his tentative outdate, if applicable.

You may use your Victim Impact Statement for parole hearings at a later date.

If you have a question, please reach out to the National Office at 513-721-5683.

Click the Website Link for more information:

<https://pomc.org/legal-professional/victim-impact-statements/>

Donations

Love Gifts provide restorative resources for the participants of the Colorado Front Range Chapter.

Make Checks Payable to:
POMC
18121 E. Hampden Ave
Unit C #145
AURORA, CO 80013

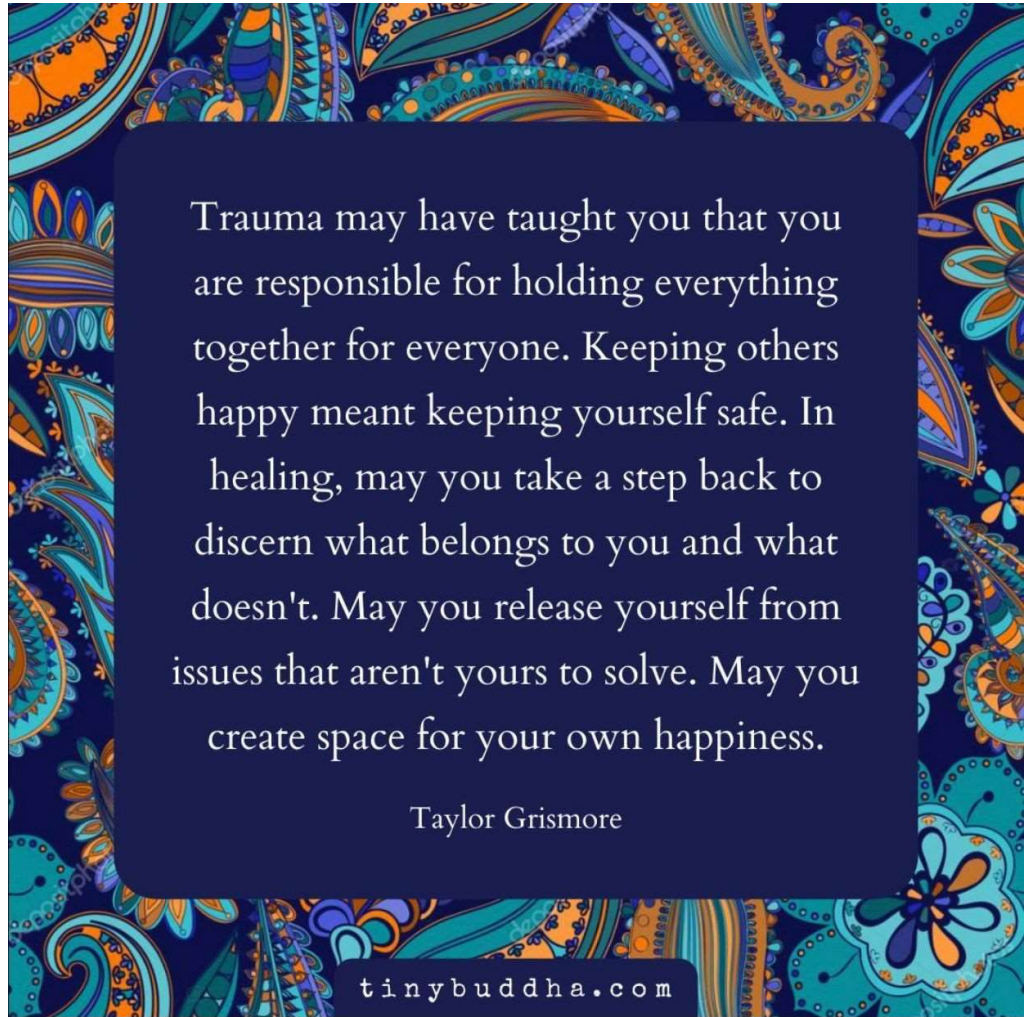
PAYPAL ACCOUNT:
pomccolorado@gmail.com

Donations are
tax-deductible.
Federal ID: 31-1023437

*If you wish to be
acknowledged in the
POMC newsletter, please
ADD A DONOR NAME in
the FOR section of your
check or ADD A NOTE if
donating by PAYPAL.

Acknowledgements are
located on Page 3.

Mindful Meme



Trials & Hearings

Member Experiences...

None currently

What Happens at Meetings?

POMC local Chapters hold monthly meetings, provide a telephone network of support, supply information about the grief process, organize a speakers' bureau and provide accompaniment for survivors who attend court proceedings. Many Chapters publish their own newsletter.

In areas where there are not enough members to sustain a Chapter, Contact Persons provide much of the same level of support.

Most meetings begin with introductions and each survivor telling of his/her loss. Often there is a topic to guide discussions such as the grief process, the criminal justice system or favorite memories. Usually meetings revolve around group member's own knowledge and experiences but occasionally outside speakers are invited to present information and to learn from survivors.

One member said "In the meetings, people are so supportive, you don't have to be afraid to say what you feel. No one is there to judge your feelings or to persuade you to think differently."

A reporter described a meeting in Wisconsin: "These mothers and fathers talked about their feelings of anger, hopelessness, bitterness and their seemingly endless grief. No one told them 'Forget about it' or 'You should be over that by now'.

As members help one another by sharing experiences, feelings and insights and by allowing others to do the same, their grief is somehow lessened.

Click the Website Link for more information:
[What Happens at Meetings? \(pomc.org\)](http://pomc.org)

Meeting Information

Want to attend via Zoom or in person? No problem!

Email:
POMCColorado@gmail.com
to receive more information.

See you then!

Additional Information

This newsletter is published monthly by volunteers and it is the official publication of the Front Range Chapter of POMC. Articles, poems, recipes, and letters from members are welcomed.

Email:
POMCColorado@gmail.com.

Note: They may be edited for length and conciseness.

P.S. We'd love your feedback! Email:
POMCColorado@gmail.com
with comments and suggestions.

Monthly Meetings

Support meetings are held the 3rd Saturday of every month at 7:00 PM.

For Year: 2022

January 15*
February 19
March 19*
April 16
May 21*
June 18
July 16*
August 20
September 17*
October 15
November 19*
December 17

*Board meetings begin at 5:30 PM