



## February 2017 Homicide Support Group Newsletter

### CMPD Homicide Support Group

Meets the first Tuesday of each month  
at the law enforcement center  
601 E. Trade Street, Charlotte, NC at 6:30 pm.

♦ March 7, 2017

♦ April 4, 2017

**Contact:**

Sgt. Ricky Robbins - 704-336-6679

Martine Highet - 704-336-2364

Andre Briggs - 704-591-0451

Grief Isn't Something You Get Over  
It's Something You Go Through  
Alan Pedersen

### *Finding Comfort*

- Journaling
- Walking outside and enjoying nature
- Painting or coloring
- Talking about our loved one with others
- Attend a support group
- Volunteer , help others
- Scrapbooking
- Read a book
- Arts & Crafts

We invite you to attend our Homicide Support Group and share what works for you or gain some insight on strategies others have utilized.

February one year anniversaries of our loved one's death -

2-7-2016 Clavis J. Reliford

Want to share your story in an upcoming newsletter? Email [mhighet@cmpd.org](mailto:mhighet@cmpd.org)