

## SHOW NOTES

**Barb shares about meeting the needs of those around you.**

**About Barb** | Barb Roberts has years of experience walking beside individuals and families – many who struggle with pain and loss and despair. She is the Director of Caring Ministry at Cherry Creek Presbyterian Church. She and her husband, Ken live in the Denver area.

**She is the author of two books:**

"Helping Those Who Hurt: A Handbook for Caring and Crisis"

– and her latest book –

"With Her Last Breath: A Tale of Suicide and the Hope of Heaven."

**Resources for you:**

- Cherry Creek Pres. We are here for YOUR needs! 303-779-9909
- National Suicide Hotline – 800-273-8255
- Colorado Crisis Service – 844-493-8255
- Colorado Abuse Reporting – 844-CO-4-KIDS [co4kids.org](http://co4kids.org)