

ALTERNATIVES TO SUICIDE SUPPORT GROUPS

Alternatives to Suicide is a peer-led support group that allows participants to talk about suicidal thoughts, feelings, or experiences without fear of being judged. Participants share their struggles and successes, provide support for one another, and strategize about alternatives to help each other best cope with difficult life circumstances. People are encouraged to come in both times of strength and challenge.

IN PERSON:

Time: Weekly on Tuesdays at 7:00 PM

Location: Positive Directions - 90 Post Road, Westport, CT

For more information, contact Positive Directions

(Alt2Su@positivedirections.org)

ZOOM OPTIONS:

Time: Weekly on Thursdays 6:30 - 8:00 PM

Email Jennifer at jtirado@toivocenter.org for the Zoom link

Time: Weekly on Fridays 7:00 - 8:30 PM

Email Jeffrey at rockingrecovery.org@gmail.com for the Zoom link

Time: Weekly on Mondays from 3:30 - 5:00 PM

Email Heidi at hviener@toivocenter.org for the Zoom link

