



If You're Talking, There's Time



Recovery Innovations for Pursuing
Peer Leadership and Empowerment

A Peer-driven Support Group

Every Tuesday,
Wednesday, Thursday,
Friday, & Sunday

9:00 PM – 11:00 PM

RIPPLE's support groups hold the same core values and commitment to confidentiality as traditional Alt2su groups. The approach will allow you to openly explore the meaning behind thoughts and feelings of suicide, as well as what might be worth living for.

In addition to all the normal group offering is a proactive component which could allow a person reduce the level of stress in their life. Upon request we can connect people to resources that can help. Resources that can address food insecurity, housing, legal issues, employment, and so on.

These meetings will be offered on the Zoom platform and open to anyone who would like to attend. Due to the nature of this group pre registration is required.

Contact Jeffrey Santo at info@rockingrecovery.org



zoom

**Visit our website for more information
and to review the group guidelines:
rockingrecovery.org/alternatives-to-suicide-on-zoom**

