



Alternatives 2 Suicide Inspired Support Group

If You're Talking There's Time

Wednesday, Friday, & Sunday

8:00 PM – 9:30 PM

RIPPLE's support groups hold the same core values and commitment to confidentiality as traditional Alt2su groups. The approach will allow you to about 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. RIPPLE and RockingRecovery.org works to connect people to resources that can help. This model can help those facing challenges such as food insecurity, housing problems, legal issues, finding a job, reentering the community after incarceration, and so on. Along with the same safe space, compassio and understanding to we will work to find resources close to you that may address some of the every day problems weighing you down.

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 RockingRecovery.org@gmail.com

**Please visit our website for more information:
www.rockingrecovery.org/zoom-meetings**