



## Alternatives to Suicide Peer-to-Peer Support Group



- ◆ Alternatives to Suicide groups are intended as **non-judgmental confidential spaces where people can share some of their darkest thoughts** without being assumed to have an illness or being assessed for involuntary interventions.
- ◆ It has been learned over time that support to openly explore these thoughts - and the feelings and experiences underneath them – is so often **the key to moving toward something different.**

**All Are Welcome!**

**WEDNESDAYS 10:30am-12:00pm**

**(Beginning March 20, 2019)**

**Trinity Community Church**

**1200 Easton Road**

**Abington, PA 19001**



**For Additional Information, Please Contact *Creating Increased Connections*  
(a Program of Resources for Human Development) at 484-681-9432**