

# THE GROWING INDY GROUP PRESENTS: ALTERNATIVES 2 SUICIDE / ALT-2-SU



## ALT-2-SU, IS A PEER SUPPORT GROUP

We provide a platform & safe space to share, listen, and participate in dialogues that can help (all of us) relate to the root causes of what can be at times some the most difficult & vulnerable conversations we have ever attempted to share with others...

- ✓ Growing Indy Groups, Alternatives 2 Suicide is a non-clinical Peer 2 Peer support Group.
- ✓ Our Peer facilitators have valuable lived experience. We are here to listen & share if asked.
- ✓ These Groups are for people who need a safe space to explore feelings, emotions, and difficult situations while trying to make sense of how we continue to move forward.
- ✓ Please use these groups as a 90 min healing space where we share and comfort one another.
- ✓ You do not have to be a member, just show up and share if you can.
- ✓ There is (no) sign in sheet. (no) attendance taken. We do not share or record "who comes" and "who doesn't" If you chose to remain anonymous This is a safe space!

### OUR MEETING TIMES:

We meet "Bi-Weekly" on Mondays via zoom 5:00 to 6:30. The Meeting ID IS : 82159893613 (at this time there is no passcode for the meeting. We want this to be as easy as it needs to be for us as peers to meet with you. For more information or if you have questions, please contact us on our website: [thegrowingindygroup.com](http://thegrowingindygroup.com) by phone: 317-456-5071 or by email [samuelsrichard9@gmail.com](mailto:samuelsrichard9@gmail.com). Our next meeting is July 17<sup>th</sup> 2023. And will reoccur every 2 weeks following. Thank You....