

# Alternatives to Suicide



## Location & Time

### Somerville

Thursdays, 6:30pm-8:00pm

Mystic Valley Community Room

50 Middlesex Avenue, Somerville

Located on the 1st floor of the Public Storage bldg. (behind café)

Free parking available. A short walk from the Orange line Assembly Square stop. Fully accessible



Western Mass  
Recovery Learning Community

**Alternatives to Suicide** groups are for and by people who consider suicide - right now or at any point in our lives. We have determined that it is healing to talk about what happens for us. We are:

- **Nonjudgmental**
- **Nonclinical**

We believe that thoughts of suicide are a part of the normal human experience. Through exploration of our feelings and stories, we support each other, make meaning out of dark and challenging times and live in community with one another.

## Questions? Want more info?

Call/Text: 413-561-3269

or

Visit: [www.WesternMassRLC.org/Alternatives-to-Suicide](http://www.WesternMassRLC.org/Alternatives-to-Suicide)