



THE YARROW
COLLECTIVE

In collaboration with the Alliance for Suicide Prevention

*Meets every Wednesday
6-7:30 pm MT on Zoom*

Zoom info: yarrowcollective.org/calendar
Free to attend. No RSVP required.

VIRTUAL

Peer to Peer Adult Support Group

Alternatives to Suicide

For more information visit: yarrowcollective.org

Find us on socials: [@yarrowcollectivecolorado](https://www.instagram.com/yarrowcollectivecolorado)

Alt2Su is a non-judgmental, non-clinical, peer-led, and confidential space where people can talk about anything, including difficult thoughts and feelings related to suicidality.

The phrase, "I feel suicidal" can hold many meanings. Having the space to openly explore the thoughts, feelings, and experiences underneath is often helpful in moving towards something different.

IN-PERSON

*Meets weekly
Sundays 3:30-5 pm*

525 W. Oak Street | Ft. Collins | 80521

Free to attend, drop-in, snacks provided.