

Peer to Peer Adult Support Group

Alternatives to Suicide

Meets weekly — Sundays 3:30 - 5 pm
525 W. Oak Street | Ft. Collins | 80521

IN-PERSON GROUP

Free to attend, drop-in, snacks provided.

FAQ: bit.ly/NoCoAlt2SuFAQ

Alt2Su is a non-judgmental, non-clinical, peer-led, and confidential space where people can talk about anything, including difficult thoughts and feelings without being assumed to have an illness or be assessed for involuntary intervention.

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.

Alt2Su VALUES

Consent and choice | Respond to injustice
Healing in communities | Responsibility to - and not for or over

In collaboration with the Alliance for Suicide Prevention

For up-to-date location info
visit our Meetup page:

bit.ly/NoCoAlt2SuGroups



**THE YARROW
COLLECTIVE**

PEER SUPPORT, EDUCATION & ADVOCACY

To learn more about
The Yarrow Collective:

bit.ly/YarrowCollective