

→SAVE THE DATE→

Alternatives to Suicide Groups – An Overview

Wednesday, January 16, 2019

5:30-8:30 PM

**White Plains Public Library Auditorium
100 Main Street, White Plains, NY**

Alternatives to Suicide is a model for participant-led mutual support groups for individuals seeking to create meaning and a life that they want to live.

Presentation by Sera Davidow and Caroline Mazel-Carlton, Western Massachusetts Recovery Learning Community

“Historically, people have believed that it was too dangerous to offer peer-to-peer support groups focused on the topic of suicide without a clinician present. There are many myths and fears around this sort of group and around suicide in general. However, as a community we have found strength in coming together to talk about many ‘taboo’ topics and to support one another in our times of greatest distress. Our collective wisdom and individual stories have taught us that the space to come together in this way can be powerful and healing. It is out of this work and learning that the Alternatives to Suicide approach was born.”

--Western Massachusetts Recovery Learning Community website

Please note: This Overview event will be the first step in establishing Alternative to Suicide groups in Westchester and the region. We anticipate offering the 3-day facilitator training in early Spring for a limited number of individuals committed to starting and facilitating such groups. The facilitator’s role is generally intended only for individuals who identify as suicide attempt survivors and/or people who have struggled with thoughts of suicide. **We strongly encourage attendance on January 16 of anyone with a real interest in becoming a facilitator; we ask that you indicate this interest when you RSVP.** To learn more about Alternatives to Suicide: www.westernmassrlc.org/alternatives-to-suicide

To RSVP, or for more information, contact:

Adam Black - (914) 995-5132 or asb1@westchestergov.com

Please provide full name and contact information with all RSVPs.