

# Alternatives to Suicide

## PEER SUPPORT GROUP

Hosted by **Heart & Soul, Inc.** 

1633 Old Bayshore Hwy, #160, Burlingame CA

Zoom Link: <https://us06web.zoom.us/j/82363351925>. Meeting ID: 823 6335 1925

1<sup>st</sup> Thursday  
3:30-5:00pm  
(Virtual)

3<sup>rd</sup> Thursday  
3:30-5:00pm  
(In-Person)



ALTERNATIVE WAYS OF COPING WITH DIFFICULT LIFE CIRCUMSTANCES.  
SHARE OUR EXPERIENCES WITHOUT FEAR OF JUDGMENT OR COERCION.

Created by the Wildflower Alliance, this group is a safe non-clinical space for adults with personal lived experience, past or present, with suicidal thoughts and/or suicide attempt. No registration required. For questions, email [info@heartandsoulinc.org](mailto:info@heartandsoulinc.org). If you're in crisis and need immediate assistance, please dial 988 or go to your local emergency room.