

# SUPPORT GROUP RESOURCES

Mondays 3:30p - 5p  
3/27, 4/10, 4/24, 5/8, 5/22,  
6/5, 6/19, 7/3, 7/17, 7/31



Mondays 6p - 7:30p  
3/20, 4/3, 4/17, 5/1, 5/15,  
6/12, 6/26, 7/10, 7/24

This group is for anyone who is experiencing the loss of a loved one to suicide. This is a peer-led support group. Registration is required. Contact Denise Brack or Liz McKenna 781-585-4221

\*In Person Meetings



Register here



Tuesday, Wednesday, and  
Thursday 6:30 – 8:00 p.m

Samaritans' SafePlace meetings are open groups of caring people who have lost a loved one to suicide. SafePlace is not a professional therapy group, but rather a peer support group providing a forum for exploring feelings often not understood by others. \*Registration is required then **zoom link** will be sent. In-person meetings to resume soon.



## Additional Resources



Mondays or Wednesdays 5-6 pm. For those with challenges managing their anxiety, this group focuses on empowerment through education and coping skills, and through the group's support. **Zoom link** will be sent upon registration. For more information, please call 781-769-8670.

Aspire Health Alliance provides a continuum of care that is proactive, coordinated, available through multiple access points, and integrated with medical care. Services include outpatient therapy, crisis intervention and psychiatric services. For more information please call 617-847-1914

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.