

WELLNESS WEDNESDAY

No/Low Cost Health and Wellness Resources



In Crisis?
Call: Dial 988
Online: 988lifeline.org



Hope Floats Suicide Peer-Led Bereavement Group Mondays in person at 4 Elm St, Kingston

This peer-led support group is for anyone experiencing the loss of a loved one to suicide. Meetings are in person and registration is required. Call 781-585-4221 to register for upcoming sessions.

Mondays 3:30-5 p.m.:

April 10 & 24

May 8 & 22

June 5 & 19

July 3, 17 & 31

Mondays 6-7:30 p.m.:

April 17

May 1 & 15

June 12 & 26

July 10 & 24

Samaritans Virtual SafePlace Meetings Every Tuesday, Wednesday and Thursday 6:30-8 p.m.



Samaritans' SafePlace meetings are open to groups of people who have lost a loved one to suicide. SafePlace is not a professional therapy group, but rather a peer support group that provides a forum for exploring feelings often not understood by others.

Registration is required. Once registered, participants will be sent a Zoom link. Interested parties can register at Samaritanshope.org

Riverside Community Care: Managing Anxiety Every Monday and Wednesday From 5-6 p.m.

For those with Challenges managing their anxiety, this group focuses on empowerment through education and coping skills and through the group's support.

To learn more or to register for a class, please call 781-769-8670. A Zoom link will be sent upon registration.



Additional Resources



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 call 617-847-1914.