



IDEATION GROUP



The **Self Help Alliance** is introducing a new group in **Kitchener, Guelph** and **Cambridge** to address the psycho-educational needs of people who experience persistent suicide ideation but have never attempted suicide. The goal of this new group is to reduce the frequency, duration, and intensity of suicide ideation.

Each group begins the week of January 19th and runs for 20 weeks		
<p>Cambridge 9 Wellington St, Unit 1</p>	<p>Tuesdays 10:30 to 12pm</p>	<p>(519) 623-6024 Ext. 5026</p>
<p>Guelph 147 Wyndham St N, Suite 207</p>	<p>Wednesdays 10:30 to 12pm</p>	<p>(519) 763-4014 Ext. 2350</p>
<p>Kitchener 67 King St E</p>	<p>Thursdays 11 to 12:30pm</p>	<p>(519) 570-4595 Ext. 4059</p>
<p>Please call if you are interested or have any questions</p>		

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519-570-4595 x 4059

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