

## Hearing Voices Support Group

This is a relatively new group for anyone who hears or has heard voices – and who would like to talk about it in a non-judgmental, supportive and confidential environment. It is run by an Occupational Therapist and a Peer Support Worker who is a voice hearer herself, and who has learned how to manage well with this unique experience. Group members share stories, examine the nature of their voices and share ideas on how best to cope while living with their voices.

Here is what members have said about this group:

*“It is really hard to talk about my experience with friends or family...but here, I can. It’s so comforting to know I’m not alone.”*

*“This group is a safe haven for me....I feel calm in this space.”*

*“I feel more supported here. The attitude we have here makes me view my voices in a different light.”*

*“I’ve heard voices for 35 years. I’ve never challenged them. I never thought of doing it. I’m interested in trying some new coping strategies.”*

If you are a voice hearer, come drop in and check out the group. No referral necessary. Friends and family members of voice hearers are also welcome.

We meet **every Wednesday 2:00-3:00pm at the Canadian Mental Health Association (CMHA) Suite #300, 1835 Lonsdale Ave, North Vancouver.**

Please call Gill, Occupational Therapist 604-649-1983 with any questions.



Depiction of Joan of Arc's voice hearing experience