



Hearing Voices Support Group



*Have you heard voices? Experienced altered states?
Then you are not alone.*

Heart and Soul's Hearing Voices Group supports anyone who has had these experiences by providing opportunities to talk about them freely and without judgment amongst peers. We support individuals to explore, understand, learn, and grow from these experiences in their own way.

*Raising awareness about voice hearing, visions,
and other altered or extreme experiences*

HEARING VOICES GROUP MEETS TWICE A MONTH:

VIRTUAL VIA ZOOM Every 2nd Thursday 3:30 – 5:00 pm

ZOOM LINK: <https://us06web.zoom.us/j/86153025168?pwd=eG9ybithSDNYdHR1YTRhbXVrK1JxZz09>
Meeting ID: 861 5302 5168 Passcode: 535321

IN-PERSON Every 4th Thursday 3:30 – 5:00 pm

**At Heart & Soul's Community Drop-In Center
1633 Old Bayshore Hwy, Suite 258 Burlingame, CA 94010**



Mental Health Peer Support for San Mateo County
www.heartandsoulinc.org