



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 Virtually

Every 2nd Thursday

3:30 – 5:00 pm

Join Zoom Meeting:

<https://us06web.zoom.us/j/86153025168?pwd=eG9ybithSDNYdHR1YTRhbXVrK1JxZz09>



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