

## Purpose

CT Hearing Voices Network Groups are based firmly on a belief in self-help, mutual respect and understanding. They provide a safe space for people to share their experiences of voices, visions, unusual sensory perceptions, and to support one another. They are peer support groups involving social support and belonging, not therapy or treatment. The groups can offer an opportunity for people to accept and find meaning in their experiences in a way that helps them regain power over their lives.



## Confidentiality

CT Hearing Voices Network Groups are confidential. What is discussed in the groups stays in the groups.

## Respect

CT Hearing Voices Network Groups welcome the diversity of experiences and views of the members. Rather than seeing one belief system as more valid than another, all explanations for voice and vision experiences are valued. There is no assumption of illness

## Flexibility

Rather than being solely focused on voices and visions, group members are welcome to talk about any issue that is important to them.

## Membership

Membership of the groups is intended to be made up of people with lived experience of voices, visions and other unusual sensory perceptions. The groups recognize the importance of being truly member-led. Each participant has an important part to play in determining the direction of the group.

## Facilitation

CT Hearing Voices Network Groups facilitators are trained and certified by Hearing Voices Network USA

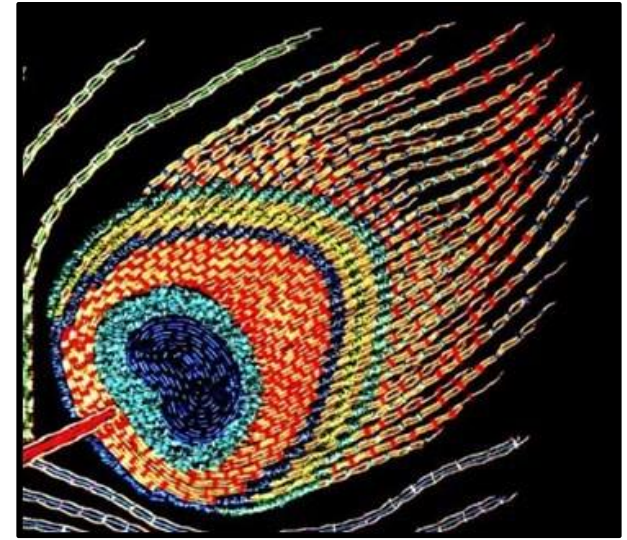
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**Statewide Online/Phone-in Peer Support Group**  
**Sundays 7:00pm – 8:30pm**

**Contact: Jenna for Access Information**  
**(860) 995-9172 or**

**Email: [jmiller@advocacyunlimited.org](mailto:jmiller@advocacyunlimited.org)**

**This CT HVN group is specifically for those with personal lived experience of voices, visions, and negotiating alternative realities (versus family members, allies or care-givers).**



# CT HEARING VOICES NETWORK

*By Advocacy Unlimited, Inc.*

**Offering...**  
**Connection and Community for People Who Hear Voices, See Visions, Other Sensory Perceptions; Negotiating Alternative Realities**

**Website: [www.cthvn.org](http://www.cthvn.org)**



**Email: [connect@cthvn.org](mailto:connect@cthvn.org)**  
**Phone: (860) 995-9172**

**Statewide Support Groups**

**Bridgeport HVN Group**

Meets: Tuesdays 2:30pm – 4:00pm  
Bridgeport Library - Black Rock Branch  
Community Room # 3  
2705 Fairfield Avenue, Bridgeport, CT  
Contact: Jim (203) 762-6255

**Bridgeport Inpatient RESOURCE Group**

*(Not open to the public)*  
Meets: Thursdays 3:00pm – 3:45pm  
Bridgeport Hospital - West Tower 9  
267 Grant Street, Bridgeport, CT  
Contact: Jenna (860) 995-9172

**Bridgeport SWCMHS Inpatient HVN Group**

*(Not open to the public)*  
Meets: Thursdays 1:00pm – 2:00pm  
Southwest CT Mental Health System  
PICU II – 7<sup>th</sup> Floor  
1635 Central Avenue, Bridgeport, CT  
Contact: Jenna (860) 995-9172

**Bridgeport SWCMHS HVN Group**

*(Middle Street, GBCMHC & FSD clients only)*  
Meets: Thursdays 11:00am – 12:00pm  
Greater Bridgeport Community Mental Health Center  
4th Floor - Room 417  
1635 Central Avenue, Bridgeport, CT  
Contact: Jenna (860) 995-9172

**Deep River HVN Group**

Meets: Wednesdays 1:00pm – 2:30pm  
First Congregational Church of Deep River  
1 Church Street, Deep River, CT  
Contact: (860) 526-2624

**East Haven HVN Group**

Meets: Mondays 6:30pm – 8:00pm  
Christ & The Epiphany Church - Library  
39 Park Place, East Haven, CT  
Contact: Jennifer (860) 329-1503

**Enfield HVN Group**

Meets: Tuesdays 6:30pm – 8:00pm  
Parish Center – St. Patrick's Church  
73 Pearl Street, Enfield, CT  
Contact: Denise (860) 216-7064

**Hartford IOL HVN Group**

Meets: Thursdays 5:00pm – 6:30pm  
Institute of Living  
Todd Building – Bunker Room  
200 Retreat Avenue, Hartford, CT  
Contact: Bonnie (860) 666-8207/Jenna (860) 995-9172

**Hartford Toivo HVN Group**

Meets: Tuesdays 2:30pm – 4:00pm  
Toivo by Advocacy Unlimited, Inc.  
399 Franklin Avenue, Hartford, CT  
Contact: Edina (860) 293-6343

**Middletown HVN Group**

Meets: Mondays 10:00am – 11:30am  
Buttonwood Tree Performing Arts & Cultural Center  
605 Main Street, Middletown, CT  
Contact: Jenna (860) 995-9172

**New Britain HVN Group**

Meets: Fridays 1:30pm – 3:00pm  
The Friendship Center - Conference Room  
85 Arch Street, New Britain, CT  
Contact: (860) 212-9623 or (860) 922-2116

**New Haven CMHC HVN Group**

*(CHMC clients)*  
Meets: Mondays 10:00am – 11:00am  
Connecticut Mental Health Center  
2<sup>nd</sup> Floor - Room 273  
34 Park Street, New Haven, CT  
Contact: Dorene (203) 974-7863

**New Haven HVN Group**

Meets: Wednesdays 2:30pm – 4:00pm  
Wilson Branch Library  
Lower Level - "Family Place" Room  
303 Washington Avenue, New Haven, CT  
Contact: Jenna (860) 995-9172

**New Haven Inpatient RESOURCE Group**

*(Not open to the public)*  
Meets: Wednesdays 3:45pm – 4:30pm  
Yale-New Haven Psychiatric Hospital  
184 Liberty Street, New Haven, CT  
Contact: (203) 804-5507

**New Haven YOUTH HVN Group**

*(AGES 12 – 19)*  
Meets: Mondays 4:30pm – 5:30pm  
Wilson Branch Library  
Lower Level - "Family Place" Room  
303 Washington Avenue, New Haven, CT  
Contact: Judy (203) 376-3905 /Jenna (860) 995-9172

**New Haven PARENTS/FAMILY HVN Group**

Meets: Mondays 4:30pm – 5:30pm  
Wilson Branch Library  
Lower Level - Conference Room  
303 Washington Avenue, New Haven, CT  
Contact: Judy (203) 376-3905 /Jenna (860) 995-9172

**New London HVN Group**

Meets: Fridays 7pm – 8:30pm  
All Souls Unitarian Universalist Church  
Emerson Room – down the hall to the right  
19 Jay Street, New London, CT  
Contact: Jenna (860) 995-9172

**Norwalk HVN Afternoon Group**

Meets: Tuesdays 12:30pm – 2:00pm  
HSC Community Services Center  
1<sup>st</sup> Floor Conference Room  
1 Park Street, Norwalk, CT  
Contact: Jenna (860) 995-9172

**Norwalk HVN Evening Group**

Meets: Wednesdays 6:30pm – 8:00pm  
HSC Community Services Center  
1<sup>st</sup> Floor Conference Room  
1 Park Street, Norwalk, CT  
Contact: Jenna (860) 995-9172

**Waterbury HVN Group**

Meets: Tuesdays 2:00pm – 3:00pm  
Discovery Center  
95 Thomaston Avenue, Waterbury, CT  
Contact: Jenna (860) 995-9172