



CT Hearing Voices Network

**for people who hear voices, see visions
and have other unusual perceptions**

Hearing Voices support groups are popular and widespread throughout the United Kingdom and many other countries and are just taking hold in the United States.

Hearing Voices groups do not pathologize hearing voices or other altered/emotional states. The core idea of the Hearing Voices approach holds that all experiences that people are having are happening to them. Therefore, they ask: "What does the experience mean to you?"

Our support group offers opportunities to talk freely and without judgment among peers. Group members offer support for everyone who has had these experiences to explore, understand, learn and grow from them in their own way.

The Hartford HVN Group
is held on

Tuesdays

2:30pm — 4:00pm

at

Toivo

By Advocacy Unlimited

399 Franklin Avenue

Hartford, CT 06114



Toivo by Advocacy Unlimited

For more information

please contact:

(860) 667-0460

Got Voices?

or extreme or altered states of mind

You Are Not Alone!

There really is a place that I can
talk with others who get it!



I can stand up to the voices
more than I did before. I
am stronger and I have
friends to share with!

Hartford Group

Purpose

Our Hearing Voices Group is based firmly on a belief in self-help, mutual respect and understanding. It provides a safe space for people to share their experiences of voices, visions, unusual sensory perceptions, and to support one another. It is a peer support group involving social support and belonging, not therapy or treatment. The group 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.

WELLNESS

Confidentiality

Our Hearing Voices Group is confidential. What is discussed in the group stays in the group.

Respect

Our Hearing Voices Group welcomes the diversity of experiences and views of its 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. We recognize that all members have expertise to contribute to the group, no one member is more important than another.



Facilitation

The Hartford Hearing Voices Network Group has two facilitators. They are both certified by the Hearing Voices Network-USA.

Membership

The membership of our group is open to all people who have lived experience of voices, visions and other unusual sensory perceptions. Each participant has an important part to play in determining the direction of the group, keeping it healthy and upholding its values and beliefs.



Flexibility

Our Hearing Voices Group is centered on the needs and aspirations of our members. Rather than being solely focused on voices and visions, group members are welcome to talk about any issue that is important to them.