

# CT Hearing Voices Network

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

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

Our support groups offer opportunities to talk freely and without judgment among peers

Support for anyone who has had these experiences to explore, understand, learn and grow from them in their own way

Raise awareness

~ Hartford HVN Support Groups ~

Tuesday Afternoons: 2:30 - 4:00pm

Toivo by Advocacy Unlimited, Inc.  
399 Franklin Avenue  
Hartford, CT

Contact: Edina (860) 293-6343

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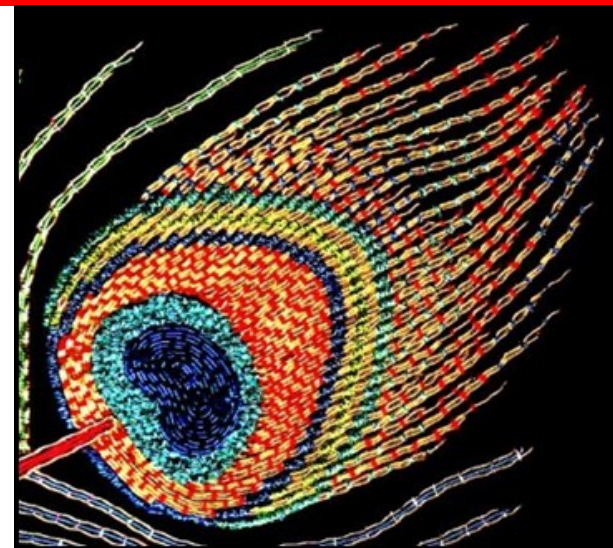
Thursday Evenings: 6:00 - 7:30pm

Institute of Living  
Todd Building - Bunker Room  
200 Retreat Avenue  
Hartford, CT

Contact: Bonnie (860) 666-8207

*Pease contact Jenna for more information:*  
(860) 995-9172

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



## 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.

~ Embracing Uniqueness ~

### Hartford Groups

### **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.

### **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. We believe it is what happened to the person not what is wrong with them. No assumption of illness is made. Honoring the individual as the expert on themselves; respecting that our humanness is expressed through our experiences.



### **Flexibility**

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

### **Membership**

The groups are intended to be made up of people with lived experience of voices, visions and other unusual sensory perceptions. Each participant has an important part to play in determining the direction of the groups which are member led. Our hope is to come together as peers being able to express our truths honoring our personal power in a space free of a hierarchy... allowing for the safety of a judgement free space.

### **Facilitation**

Facilitators are not the experts they are members of the group sharing their experiences. They have been trained and certified by Hearing Voices Network USA to facilitate in a supportive way the CT Hearing Voices Network Groups.

### **Confidentiality**

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

## **Embracing Humanness...**

**Honoring Your Experiences**

**Honoring You**

**Now offering:**

**Every Sunday an Online/Phone-in  
Peer Support Group Meeting  
7:00pm – 8:30pm**

**Please Call or Email: Jenna  
for Access Information  
(860) 995-9172 or  
jmiller@advocacyunlimited.org**

**This peer support group is specifically  
for those with personal lived experi-  
ence of voices, visions, and negotiating  
alternative realities (versus clinicians  
family members, allies, or caregivers).**

