

# Got Voices?

As many as 1 in 10 people hear voices,\* but many choose not to talk about them. A *Hearing Voices Support Group* is a place where people can talk about their experiences of voices, visions and unusual perceptions without fear of judgment. It offers mutual support and friendship, with the opportunity to explore one's own experience and learn from others with similar stories.



REAL LIFE. REAL HOPE.

[WWW.CHRHEALTH.ORG](http://WWW.CHRHEALTH.ORG)

Starts November 7th from  
3:00 4:30pm  
Every 1st and 3rd Friday  
of the Month

CHR Building  
587 East Middle Tpke  
Manchester, CT  
Conference rm#2

Call for information:  
(860) 576-4470  
[connect@cthvn.org](mailto:connect@cthvn.org)

## 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.

## 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.

## Flexibility

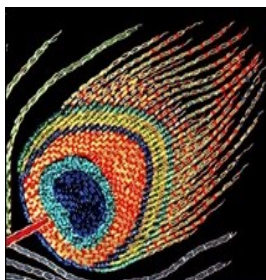
Our Hearing Voices Group is centered on the needs and aspirations of our members. Rather than being solely focused on voices and visions, group members are welcome to talk about any issue that is important to them.

## Membership

Membership of our group is intended to be made up of people with lived experience of voices, visions and other unusual sensory perceptions. Depending upon group consensus, we may have open sessions that welcome family members and/or supporters. Our group recognizes the importance of being truly member—led. Each participant has an important part to play in determining the direction of the group, keeping it healthy and upholding its beliefs.

## Facilitation

The Manchester Hearing Voices Network Group has One facilitator who has have lived experience, whom is Certified by the Hearing Voices Network—USA.



CT

**Hearing Voices Network**

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

\*Sacks, Oliver. (2012, November 3). Seeing Things? Hearing Things? Many of Us Do. *The New York Times*