



# CT Hearing Voices Network

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

## Purpose

CT Hearing Voices Network Groups (HVN) 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

HVN Groups are confidential. What is discussed in the groups stays in the groups.



## Respect

HVN Groups welcome the diversity of experiences and views of all 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

HVN Groups have two facilitators who are trained and certified by the Hearing Voices Network—USA.



### **WHEN?**

Every Monday  
10:30 am—11:30 am

### **WHERE?**

The Buttonwood Tree  
605 Main Street  
Middletown, CT 06457

*Buttonwood Tree is a grassroots, avant garde center for all ages, all comers, artists and audiences. It offers a nice relaxing atmosphere.*



As many as 1 in 10 people hear voices, but many choose not to talk about them. A Hearing Voices Network Support Group (HVN) 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.

### **Contact info:**

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