

Support Group for Hearing Voices 2018

If you hear voices then we want you to know that you are not alone!

We believe that hearing voices is a normal human experience, often a natural response to distressing circumstances.

Our group is “non-clinical and non-treatment”.

The purpose of the group is to be inclusive for people who ‘live with their voices’, and “experience visions”

We aim to support people to share and explore their own experiences, in a safe and confidential environment, learning with and from others.

Venue: 55 Christchurch Avenue N12 0DG

On: Alternate Fridays from 2nd February 2018

At: 1pm to 2.30pm

Cost: £2 per session (suggested contribution)

To join: Contact us on the number below or email chandpayne@mindinbarnet.org.uk

T: T: 02083435700

e: admin@mindinbarnet.org.uk

<http://mindinbarnet.org.uk/>

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for better mental health