

Voices & Visions Peer Support Group

Monthly on the Sunshine Coast | www.voice.sanctuary.com.au

Join me for this empowering information and peer support group for people who hear voices or experience non-ordinary states of consciousness, like sensory phenomena, psychosis, mania, clairaudience and visions.

This support group is a space to learn from and help each other. Using a deeply authentic approach based on peer support, lived experience and the Hearing Voices Approach, we dispel myths, explore explanations for voice-hearing and non-ordinary states of consciousness, and offer possibilities for recovery. We challenge stigma and fear, so that voices-hearers and support people can respond in more compassionate and helpful ways to voices.

This group is facilitated by Louisa Dent Pearce, a Social Worker with her own lived experience of voice-hearing, recovery from schizophrenia, and experience working in trauma-sensitive ways.

DATES FOR 2024

Confirmed so far:

~ Thursday April 4th

~ Thursday May 2nd

~ Thursday June 13th

~ Thursday July 4th

.. and more to come!

TIME: 10 am – 12:00 pm

WHERE: Maroochydore Botanical Gardens (meet outside the café and we will walk to the undercover shelter)

WHO: Voice-hearers and people with lived experience. Loved ones and support workers are welcome too!

COST: Free or by donation

BOOKINGS:

Register on the webpage:

<https://www.voicesanctuary.com.au/voicessupportgroup>

Or contact Louisa



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