

# Voices & Visions Peer Support Group

Monthly on the Sunshine Coast | [www.voice.sanctuary.com.au](http://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.

## UPCOMING DATES FOR 2024

Confirmed so far:

~ Thursday Oct 10th

~ Thursday Nov 7<sup>th</sup>

~ Thursday Dec 5<sup>th</sup>

**TIME:** 10 am – 12:00 pm

**WHERE:** House of Hope, 10 Redmonds Rd Woombye West, Sunshine Coast

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

**COST:** Pay what you can to help cover costs or come for free 😊

## BOOKINGS:

Register on the webpage:

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

Or contact Louisa



Louisa D Pearce (Social Worker and Peer Specialist)

[www.voicesanctuary.com.au](http://www.voicesanctuary.com.au)

[louisa@voicesanctuary.com.au](mailto:louisa@voicesanctuary.com.au) | Phone 0490 165 654