

Presented by



Hearing Voices Workshop

- Are you in a relationship with someone who hears voices, sees or senses things others don't, or has other extreme or unusual experiences and beliefs?
- Would you like to find a better way to communicate with your loved one about their experiences?
- How can people with lived experiences learn to better their interactions with their families?
- As family members how should we view our loved ones experiences? How should we respond? How do we deal with our fears and anxieties?

In this one-day workshop, organized by the Bay Area Hearing Voices Network and the South Bay Project Resource, we invite you to join with other family members and voice hearers and explore compassionate approaches to being present with, understanding, and supporting our loved ones as they experience voices, visions, special messages, extreme states and unusual beliefs.

Learn tools for coping with these experiences as well as gain a better understanding of their meaning and content from the perspective of family members and those with personal lived experiences.

Explore the recovery movement and the role of peer support and social engagement. Learn effective communication strategies for relationship building that help to overcome helplessness and fear.

Learn online and local resources and support groups where sharing and caring become the strength of one's own recovery.

Presenters

Nev Jones: Phd, Psychologist, Stanford Univ., organized Chicago Hearing Voices, lived experience;

Heath Hodge: MSW, hearing voices group facilitator;

Ed Herzog: MA, family member, NAMI East Bay Board;

Ed Chiera: family member, BAHVN Board;

Sederia Lewis: hearing voices group facilitator, lived experience, BAHVN board;

Dina Tyler: Director Bay Area Mandala Project, lived experience.

Saturday, March 26, 2016, 10-5 pm

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Cubberley Community Center, Room H-6, 4000 Middlefield Rd, Palo Alto

Fees: \$40 (some scholarships available, voice-hearers free)

Lunch on your own at several nearby restaurants.

Make/Send checks to: BAHVN, 220 Richfield Dr #4, San Jose, CA 95129-1537

REGISTER ONLINE: SouthBayProjectResource.org