

Living Well with Our Voices: 17 September- 22 December

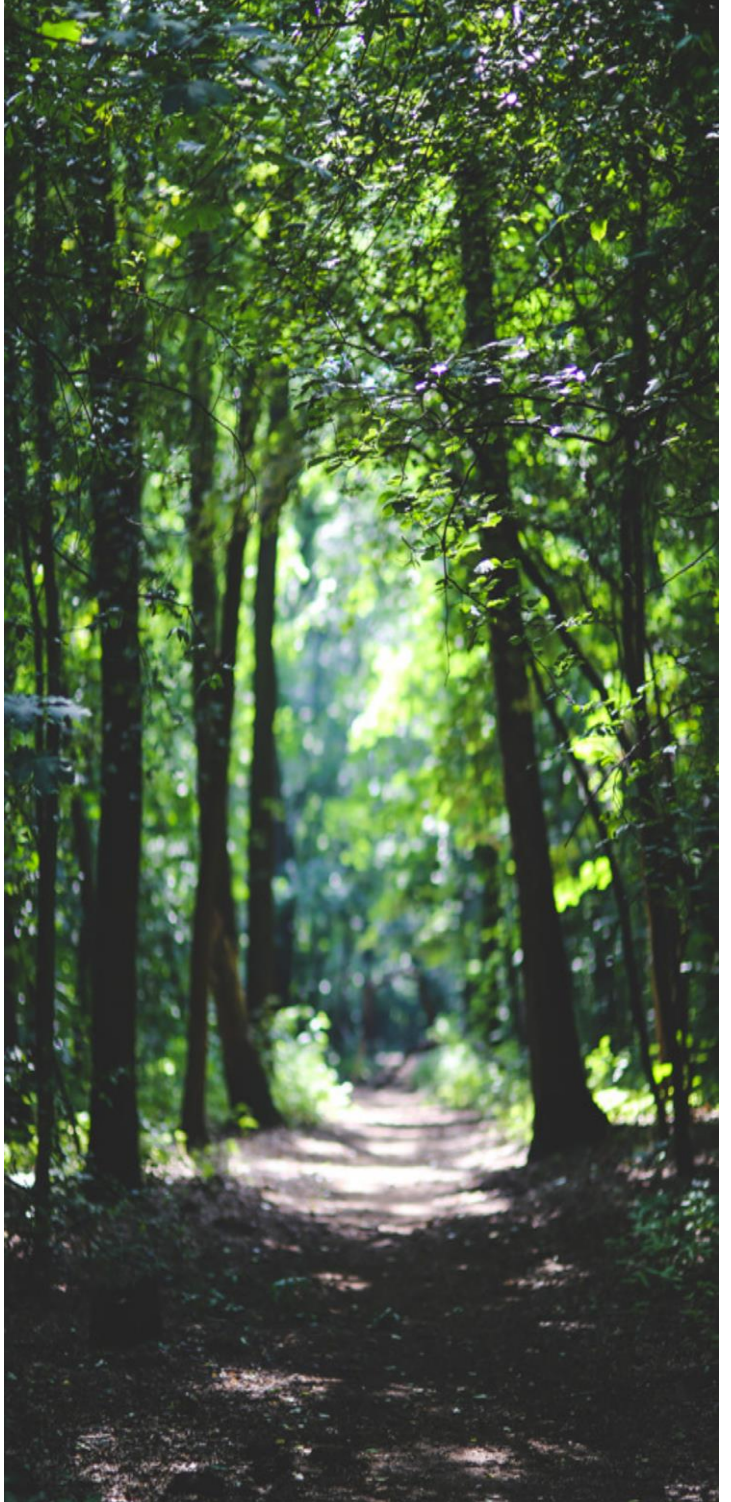
This six-week workshop will explore why we hear voices and how we can live a kinder and gentler life with our voices. Please join us for an informal chat as we share our experiences and our handy tips for coping well with our voices.

This group is a collaboration between voice hearers, professionals and our Peer Recovery Worker as we plan how to live with voices and audio/ visual hallucinations.

Participants will be invited to nominate topics for discussion.

6 Weekly Workshops:
17 September to 22 October
14:00 – 15:00

Enrol with us, free to join



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