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| Living Well with Our Voices:  February 2nd - March 9th | |
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| This group is a collaboration between voice hearers, professionals, and Peer Support Workers as we plan how to live with our voices, visual and audio hallucinations.  The workshops are grounded on the acceptance of lived experiences of voice-hearing.  Co-facilitated by a voice-hearer the workshops will focus on understanding and working with the voice-hearers’ experience to produce a progressive group that is co-produced between the facilitators and the group participants.  Starts February 2nd  6 weekly sessions  Reading Central Library, 10.15 - 11.30 |
| Enrol with us, free to join |