


# FOOTPRINTS HEARING VOICES GROUP



 When: To Be Confirmed

 Time: To Be Confirmed

 Location: 31 Thomas Street,  
West End  
Downstairs Group Room

## What is Hearing Voices Group?

The Hearing Voices Group is based on the Hearing Voices approach. The group is run by peers with lived experience. Each week we come together to share our experiences of hearing voices to help, support and learn from each other.

## What to Expect

- Hearing Voices is a weekly ongoing support group facilitated by two Peer Support Workers
- We meet weekly for 1.5 hours
- It is a support group that provides acceptance, a safe place to talk, an opportunity to learn from others and access to information and resources

## What We Expect from You

- You have an experience of hearing voices, visual hallucinations and other sensations
- Participate in the group for 1.5 hours (10 minutes' break)
- It is not a requirement to attend every week

## Eligibility

- Live in North and South Brisbane Area
- Aged between 18 and 65
- Experiencing Mental Health Challenges



For more information contact:

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