



# **New Day for the group! New Facilitator Joining us!**

**Come and join our group and meet our new facilitator, who is  
also a voice-hearer**

**Do you hear voices? Do your voices scare you?  
Do your voices stop you from doing what you want to do?**

## **HEARING VOICES SELF-HELP GROUP**

**Share your experiences with other voice hearers.**

**Find new ways to cope with voices.**

**The group will be on every Monday 2:00 - 3:00, starting on  
Monday, 17<sup>th</sup> August 2015**

**This is an OPEN, weekly support group (not a course)**

**OPEN TO THE PUBLIC**

**(You do not need to be an enrolled student to attend)**

**located in the Wellbeing Space, next to Recovery College Cafe**