



June 2021

www.bayareahearingvoices.org

Vol 1 #4

Have Fun on New BAHVN Game Night

Starting Thursday June 3 from 5-7 pm the BAHVN is offering everyone an on-line weekly night of fun and games. This is an organic, entertaining, and engaging way for peers to come out of isolation and join an open, safe, and accessible opportunity to relax and enjoy themselves and have fun.

No experience is necessary. Game play is free of charge to BAHVN adults, TAY, and family members. All attendees are required to open an [account at boardgamearena.com](http://boardgamearena.com), where the game night will be held online. Go to the [BAHVN Game Night](#) for more information.



TRAINING

Working with Hearing Voices and Unusual Beliefs with Peter Bullimore and Company

Participants in this 6-session training will learn how to better understand and support people to make meaning of their experiences with voice hearing and/or unusual beliefs or what gets called “paranoia.” Attendance at all sessions is required to fully complete the training. All sessions will be held on-line, and all times listed are in Eastern USA time. *Registration is required. Space is limited.*

<https://sable.madmimi.com/c/12931?id=902044.18763.1.3bf92d10f5fe840a626e222847d4adfa>

Tuesday, October 19, 10-2pm: **Three Stages of Hearing Voices**

Thursday, October 21, 10-2pm: **Three Stages of Unusual Beliefs/”Paranoia”**

Tuesday, October 26, 10-11:30am: **Maastricht Interview Overview**

Thursday, October 28, 9-4pm: **Using Maastricht for Voices**

Tuesday, November 2, 9-4pm: **Using Maastricht for Unusual Beliefs/”Paranoia”**

Thursday, November 4, 10-2pm: **How to Use What’s Learned from Maastricht**

Facilitators’ Support Group

A phone-in and zoom mutual support group for people who are currently facilitating HVN groups and for those interested in starting new Hearing Voices Groups. This group is happening once-a-month via toll free conference call. Like other Hearing Voices groups, it's a place to share our stories, challenges and victories to gain a new perspectives and connect with other who may have similar experiences. First Friday of every month, 3-4 pm Eastern Time. Email Caroline Mazel-Carlton for more into:

caroline@westernmassrlc.org





Intervoice Congress 2021

**The 12th World Hearing Voices Congress, Cork, Ireland,
September 1-3, 2021.**

**“Solidarity in Times of Adversity:
The Global Voice Hearing Community Reconnecting”**

Congress Theme

Over the past 18 months, the Covid-19 pandemic has caused an unprecedented challenge across the globe, which many of us will have experienced as disconnecting, isolating, frightening, chaotic, overwhelming, and, at times, unbearable. However, the pandemic has also shown the power of solidarity when communities come together to offer each other support in times of adversity.

This year's Congress will create spaces for voice hearers, family members, carers, practitioners, academics, and all those interested in the principles and values of the International Hearing Voices Movement, to connect and/or reconnect with one another in a post-pandemic world, either in person in Cork, Ireland or online across the globe.

Drawing on two ancient Irish traditions, the Congress organisers aim to provide a platform (ardán*) to focus on the ways in which many voices can work together, supporting each other in difficult times (meitheal*).

*Ardán (pronounced ar-dawn) is an Irish word meaning platform, stage, but it is also used in the context of 'raising one spirits'!

*Meitheal (pronounced meh-hill) is the Irish expression of the ancient and universal appliance of cooperation to social need, referring to the co-operative labour system in Ireland where neighbors help each other in turn with farming work, such as harvesting crops. It establishes community unity through cooperative work and mutually reciprocal support.

Board member Cindy Marty Hadge is one of the keynote speakers!

For more information, please email:

[**info@hearingvoicesnetworkireland.ie**](mailto:info@hearingvoicesnetworkireland.ie)

HEARING VOICES GROUPS

The Bay Area Hearing Voices Network offers five, online groups Monday-Thursday. **To enter the on-line support group meeting go to our website: www.bayareahearingvoices.org and click on the link at the bottom of the page to the Wednesday group.**

Monday Meetings:

BAHVN in partnership with Berkeley Mental Health offers separate support groups for adults and family members, The 2 separate Support Groups meet Mondays from 6 to 8 pm.

Tuesday Meeting:

BAHVN in partnership with [HealthRIGHT360 of San Francisco](#) offers an online adult support group Tuesday evenings from 6 to 8 pm led by trained facilitators with lived experience in the mental health system.

Wednesday Meeting:

BAHVN, in partnership with the [Mental Health Association of San Francisco](#) (MHASF), offers an online adult support group Wednesday evenings from 6-8 pm.

Thursday Meetings:

The HVN-USA Family and Friends Group (friends, lovers, and caretakers) are welcome too) meets online for 90 minutes every Thursday 3-4:30 pm PST.

To join contact cindy@westernmassrlc.org

BAHVN Game Night, 5-7 pm, Game play is free of charge to BAHVN adults, TAY, and family members, an on-line weekly night of fun and games. All attendees are required to open an [account at boardgamearena.com](#), where the game night will be held online. Go to the [BAHVN homepage](#) for a Zoom audio link to Game Night.

The Bay Area Hearing Voices Network is a non-profit 501©3 organization. We seek to expand public awareness, provide community support, and refuge for those who hear voices, see visions, and experience other forms of extraordinary perception. To submit articles contact edherzog48@gmail.com For more information about us visit our website:bayareahearingvoices.org