



Feb 2022

www.bayareahearingvoices.org

Vol 2 #2

SAVE THE DATE: APRIL 23, 2022

All Invited to the BAHVN Annual Meeting

All are invited to attend the Bay Area Hearing Voices Network's yearly annual meeting, Saturday, April 23, 2022 from 1-4 pm. It will be held on line.

Mandated by our non-profit organization status, our annual meeting is a time for us to discuss our goals for the coming year, elect officers, and get together as a community of voice hearers and family members.

It will also be an opportunity for those of us who attend our five, weekly, HV groups to meet each other, if only on line. We will also invite group members to make statements about their groups, and/or present poetry, art, and other forms of expression that demonstrate our commitment to the Hearing Voices approach and values.

Look for more details in the coming months.



First Ever HV On-Line Art Night!

BAHVN & Mountain Hearing Voices members are organizing our first Online Art Night! This event will be for our Hearing Voices Community to come together and share original art: painting, illustration, song, writing, poetry, story, spoken word, dance, performance....

Each artist will be given some time to share their work. This is a space to celebrate each other's creativity and healing. Your art does not need to be about the voice hearing experience. We are envisioning this as a once or twice a year event, not a regular meeting.

To get involved with Art Night contact Rachel at mountainhvn@gmail.com We will be sending out a poll soon to help choose a date and time.

Help Us Make our HV Groups Even Better

Twice a year we send out a confidential survey/questionnaire to participants of our BAHVN groups to tell us what you like about our groups as well how to make them even better. Please click on the following link that will guide you to the survey. Fill it out and send it in. Here is the link to the questionnaire/survey.

<https://docs.google.com/forms/d/1ysg4My5Zhh6VU0gN0j8aady0eT56ETL-2ZG0RkAzctA/edit?usp=sharing>



RESOURCES

Beyond Possible: How the Hearing Voices Approach Transforms Lives

The film was released in 2019 as a part of the **Hearing Voices Research & Development Fund's** efforts to increase understanding of the impact of Hearing Voices groups, and increase their accessibility across the United States. To access the film go to YouTube:

<https://www.google.com/search?q=beyond+possible%3A+how+the+hearing+voices+approach+transforms+lives>

Intervoice Presentations

Recordings of select presentations from the World Hearing Voices Congress (September 2021) are now available online! Highlights include Cindy Marty Hadge's keynote talk on meaning, purpose, and connection; Ed Herzog's presentation on how to build a local HVN network; and the joint talk by Cindy, Ed, and David Adams on the value of HVN groups for families and friends. Enjoy them all at this link:

<https://hearingvoicesnetworkireland.ie/intervoice-congress-2021/>

6-Session Class on Hearing Voices & Unusual Beliefs with Peter Bullimore & Company, March, 2022

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.

Dates: Monday, March 14, 10-2pm: Three Stages of Hearing Voices; Wednesday, March 16, 10-2pm: Three Stages of Unusual Beliefs/"Paranoia"; Thursday, March 17, 10-11:30am: Maastricht Interview Overview; Monday, March 21, 9-4pm: Using Maastricht for Voices; Wednesday, March 23, 9-4pm: Using Maastricht for Unusual Beliefs/"Paranoia"; Thursday, March 24, 10-2pm: How to Use What's Learned from Maastricht. To register go to www.wilfloweralliance.org



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

Thursday BAHVN Game Night, 5-7 pm:

An on-line weekly night of fun and games. 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 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