



March 2022

www.bayareahearingvoices.org

Vol 2 #3

BAHVN Game Night

Are you alone? Do you have trauma? Do you isolate? Well, come to Game Night and have some fun! Every Thursday from 5-7 pm the BAHVN offers everyone an online 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.

No experience is necessary. Game play is free of charge to adults, TAY, and family members. All attendees are required to open a free [account at boardgamearena.com](http://boardgamearena.com), where the game night will be held on-line. Go to the [BAHVN](#) for a Zoom audio link to Game Night. Examples of the games are below and [here](#).



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 wildfloweralliance.org.



TRAINING

When Conversation Turns to Suicide

This 16-hour training is rooted in the Alternatives to Suicide and approach and is for anyone (clinician, provider, first responder, family, peer supporter, etc.) who wants to learn more about how to support someone who is suicidal. The training focuses both on strategies for support, and how to better share power with people who are struggling.

Monday through Thursday, Marcy 7, 8, 9, and 10 via Zoom, 12pm to 4pm Eastern each day.

Alternatives to Suicide Training

This 24-hour training is for people who have been suicidal themselves and who want to start new Alternatives to Suicide groups (or support existing ones). It focuses on learning the Alternatives to Suicide approach and group framework.

Mondays, Wednesdays, and Fridays March 21, 23, 25, 28, 30, and April 1 via Zoom, 12pm to 4pm Eastern each day

COST: Because these trainings are being supported by the Promise Resource Network we are able to offer all seats at low to no cost. There is a \$25 fee to attend any of the above trainings, but that fee can be waived upon request. (You can let us know what - if anything - you are able to pay after you've been accepted to the training.)

TO APPLY: To apply to one or more of the above trainings **e-mail at info@wildfloweralliance.org**.

YOU ARE NOT ALONE



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](http://HealthRIGHT360.org) 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](http://MentalHealthAssociation.org) (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](http://BAHVNhomepage) 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 at <http://www.bayareahearingvoices.org>