



Bay Area Hearing Voices Network NEWS

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www.bayareahearingvoices.org

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SAVE THE DATE

All are invited to a BAHVN/NAMI East Bay One-Day Workshop with Cindy Marty Hadge

The BAHVN and NAMI East Bay is presenting a one-day workshop and introduction to the Hearing Voices Movement for family members, voice hearers and clinicians who work in mental health. The in-person workshop will be led by Cindy Hadge, Lead Trainer for the Wildflower Alliance in Massachusetts and world leader in the hearing voices movement.

**Sunday, July 2, 10am-5pm
North Berkeley Senior Center
1901 Hearst Ave, Berkeley**

\$40 for family members, clinicians, and caregivers. (scholarships available) **Free** for those who hear voices, or experience extreme states and have lived experience. Coffee, tea, and pastries provided.

In this one-day workshop we will explore the Hearing Voices Recovery movement and the role of peer support and engagement, as well as compassionate approaches to being present with, understanding, and supporting our loved ones who hear voices. Learn tools for coping with these experiences. Learn effective communication strategies for relationship building that help to overcome helplessness, fear, and stigma.

To register for the workshop go to:

<http://www.bayareahearingvoices.org/workshops.html>

RESOURCES

Working with Childhood Trauma and Abuse with Peter Bullimore

On line July 5, 9:30am-4:00pm, PST

This workshop will enhance your skills in asking about, understanding and working with persisting fears to eliminate them. Topics will include but are not limited to understanding the role of trauma in mental health; why traumas persist from infancy; identifying frozen terror, blockages, barriers, generating trust; facilitating disclosures, working through guilt; silent ways a child might tell; and more. *To register: [Go here](#)*

PEERS Special Messages Group

Every 2nd and 4th Friday from
12-2 pm PST on zoom

Do you hear voices or see things that others don't?

Special Messages is a program that can help you understand the messages that you receive. It's a safe place where you can share



The Withdrawal Project and Inner Compass: Helping People Make Informed Choices About Medication

The Withdrawal Project is an information resource designed to help people to empower themselves to make more meaningfully informed choices—aligned with their personal desires and needs—regarding taking, reducing, and coming off psychiatric drugs.

TWP's website includes a free, comprehensive, self-directed *Companion Guide to Psychiatric Drug Withdrawal* aimed at helping people learn and make decisions about the most-risk-minimizing ways to prepare for tapering off and more responsibly taper off antidepressants, benzodiazepines, stimulants, antipsychotics, mood stabilizers, Z-drugs and other psychiatric drugs, along with coping techniques for dealing with common withdrawal symptoms.

Their newest initiative provides space for community members to support one another, organize virtual and in-person groups and events, and engage in conversation about the immediate and longer-term questions, concerns, and challenges that arise from taking or coming off psychiatric drugs, receiving psychiatric diagnosis, or otherwise engaging with the mental health industry.

For more information go to their website: www.theinnercompass.org



HEARING VOICES GROUPS

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

Monday Meetings:

BAHVN in partnership with Berkeley Mental Health offers separate support groups for adults and family members. The two 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) meets online for 90 minutes Thursdays 2:30-4:00 pm PST, 5:50-7:00 pm (EST) To join contact cindy@westernmassrlc.org

BAHVN Game Night, Friday Nights, 5-7 pm:

An online 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 501c3 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: www.bayareahearingvoices.org