

March 2023

www.bayareahearingvoices.org

Vol 4 #2

The Mind and the Moon: A talk about mind, brain, human dignity and spirit

April 3, 10 am-11:30 am PST (1-2:30 pm (EST))

Featuring Daniel Bergner, Caroline Mazel-Carlton, Bob Bergner

Join New York Times writer and author Daniel Bergner (*The Mind and the Moon*), Caroline Mazel-Carlton, Director of Training for the Wildflower Alliance, and Pastor Bob Bergner, Parish Priest at Grace and St. James Episcopal Church in Hamden, CT, and the author's brother, in a conversation about the limits of current biochemical theories of the brain to illuminate the human mind.

The Mind and the Moon: My Brother's Story, the Science of Our Brains, and the Search for Our Psyches raises profound questions about how we understand ourselves and the essential human divide between our brains and our minds.

RESERVE A SPOT HERE!

***Funds raised from this event will go to support Hearing Voices
USA and ISPS-US***



Study for how music influences hearing voices

HVN-USA board member Claire Bien is part of a team at Yale conducting a music study exploring if music helps people who hear voices. Prospective participants of the study need to be actively hearing voices or having other similar experiences (e.g., intrusive thoughts that appear to come from sources outside of themselves), and struggling to manage their experiences. The study is compensated, with travel reimbursement included. If you are interested or have any questions, please e-mail or call the Belief Lab at Yale: belieflab@yale.edu; 471 245-4514.

For more info, visit the website: <https://belieflab.yale.edu/>

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 and feel supported.

For more information reach out to: specialmessages@peers.net

BAHVN Publicist Needed

We are looking for someone to help us build BAHVN and the Hearing Voices Movement in California. Duties include: publicizing our events, expanding public awareness about our network; informing the public, educational, and private mental health agencies about our work; social media; expanding our email list; and managing and updating our website. Candidates with lived experience and HVN training preferable.

If you are interested or have questions about the position contact: bayareahearingvoices.org

ANNOUNCEMENTS

2 On-Line Webinars with Peter Bullimore:

Friday, April 7, 6:30 am-1 pm (PST)

9:30 am to 4 pm (EST) via Zoom

This workshop will enhance your skills in asking about, understanding, and working with persisting fears. Topics will include but are not limited to:

- *Understanding the role of trauma in mental health
- *Why trauma exists
- *Identifying frozen terror, blockages, barriers, generating trust
- *Facilitating disclosure
- *Working through guilt
- *Silent ways a child might tell

To register [CLICK HERE](#)

Understanding & Helping with Voices: A Presentation for Family Members

Wednesday, April 12, 9 am to 12:30 pm (EST)

6 am-9 am (PST) via Zoom

While the majority of children who hear voices aren't negatively affected by them, this may be of little comfort if your child is struggling to cope. When voices and visions are very intrusive, powerful or distressing, it is normal for the whole family to feel overwhelmed. The good news is that research shows recovery is possible, and you as a family member have an important role to play. Information in this workshop will aim to give you some inspiration to find your way forward for you and your loved one.

To register [CLICK HERE](#)

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: bayareahearingvoices.org