



## Bay Area Hearing Voices Network Newsletter

December 2023 | Vol 3 #11

# Give the gift of peer support this year

Bay Area Hearing Voices Network offers indispensable peer guided support for those who hear voices and other forms of extraordinary sensory experiences, as well as support for the family and friends who support these individuals.

Through community, we foster belonging, acceptance, growth, and ways to cope, outside of traditional medical models of treatment. We champion the fight to destigmatize mental health and empower individuals to self-define.

[Donate](#)



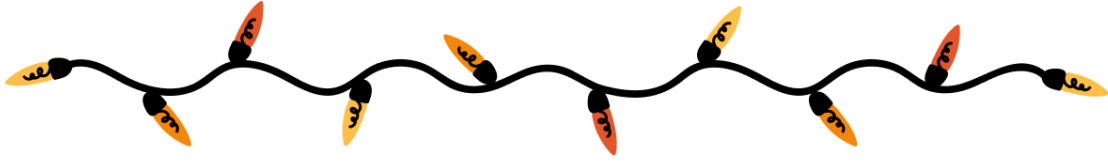
**This year, we've provided over 300 support group sessions with over 2,300 attendees.**

Your kind contributions to our organization will go towards facilitator training, increased availability and accessibility to our groups, new groups, more in-person workshops, new programs, and the guarantee that we can continue to offer peer led support to our valued community members.



**This Holiday season, please consider making a contribution to ensure our work to provide accessible alternative mental health support continues. We are a 501C3 organization so all donations are tax deductible.**

Donate



## New friends and family group

Join BAHVN's new family and friends support group on Tuesdays at 6 pm. Family members with loved ones who hear voices or experience other unusual experiences are invited to attend. Admission is free. The group will be co-facilitated by BAHVN facilitators Ed Herzog and Cindy Marty Hadge.

**Every Tuesday**  
**6pm PST, 9pm EST**  
**password: bahvn**



[Join here](#)



Instagram

## Share your story!

We are trying to get the word out about BAHVN on Instagram and Facebook.. If you have photos or artwork you would like to share on BAHVN's Instagram account submit them to Kailin Wang, our Instagram Moderator. She can be reached at **kailinxwang@gmail.com**. Please include your name and Instagram handle.

## Resources

### The World Health Org-video and publication

The World Health Organization and the UN High Commissioner for Human Rights has released a new publication called Mental Health, Human Rights, and Legislation, Guidelines and Practice. The book indicates that force and interventions like Outpatient Commitment do NOT WORK.

View publication

### Working with Hearing Voices and Unusual Beliefs With Peter Bullimore and Company February 2024

Participants in this six 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." All sessions will be held on-line, and all times listed are in EST. Registration is required.

**Monday, February 5, 10-2pm:**  
Three Stages of hearing voices

### When Conversation Turns to Suicide On-Line

This training is for anyone (family, friends, providers, peer supporters, etc)who is interested in learning about the Alternatives to Suicide approach andhow to better support people who are struggling with suicidal thoughts. Click below for more information and to register.

Wednesday, Jan 10

Friday, Jan 12

Wednesday, Jan 17

and Friday, Jan 19

12-4 pm EST, 9-1 PST

More info

Tuesday, February 6,10-2pm:

Three Stages of unusual beliefs/Paranoia

Weds, February 7, 10-11:30 pm:

Maastricht Interview Overview

Monday, Feb 12, 9-4pm:

Using Maastricht for Voices

Tuesday, Feb 13, 9-4pm:

Using Maastricht for Unusual Beliefs

Weds, February 14,10-2pm:

How to Use What's Learned from Maastricht

Register here



## Hearing voices groups

### Monday meetings

BAHVN in partnership with Berkeley Mental Health offers separate support groups for adults and family members. The two separate support

### 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

groups meet Mondays from 6 to 8 pm.

[Join Monday meeting](#)

### Tuesday meetings

BAHVN offers an online a family and friends and adult support groups Tuesday evenings at 6 pm led by trained facilitators with lived experience in the mental health system.

[Join Tuesday meeting](#)

### Wednesday meetings

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

[Join Wednesday meeting](#)

pm PST,5:50-7:00 pm (EST). To join contact

[cindy@westernmassrlc.org.ngs](mailto:cindy@westernmassrlc.org.ngs)

### Friday Nights BAHVN Game Night

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, where the game night will be held online.

[More info](#)





Bay Area  
Hearing Voices  
Network

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