

# Hearing Voices & Different Realities

## Discussion and Support Group



This group is a safe, accepting, peer-led place to share and explore experiences such as hearing voices, having visions, and unusual or extreme perspectives or states of consciousness.

- What does it mean to have these experiences?
- Are they best thought of as illness, or as a reaction to trauma, or as spiritual, or as a possibly valuable part of mental diversity?
- What are the most helpful ways of coping with and of solving the problems they sometimes cause?
- Is it possible to transform one's relationship to the experiences so that life can go on as well or better than before the experiences began?

This group is open to everyone who hears voices, sees visions, experiences extreme states and/or has unusual beliefs, whether or not a person has a mental health diagnosis or takes medication. The group aims to be inclusive, non-judgmental, pro-treatment choice and pro-diversity.

**No fee, no registration, just drop in!**

**Meets the First and Third Thursday of every month!**

- First Thursday at 1 PM
- Third Thursday at 10 AM

Location: Trauma Healing Project-631 E. 19th Ave. Building B, Eugene



For further information, contact Ron Unger, 541-513-1811, or [4ronunger@gmail.com](mailto:4ronunger@gmail.com) Or check out <http://www.differentminds.us/eshv/>