

We envision and enact a society that understands...



We envision and enact a society that understands voice hearing, supports the needs of individuals who hear voices and views them as full citizens. This type of society is not only possible but is already on its way
Eleanor Longden

You may have seen Eleanor Longden's excellent TED talk *Living with The Voices In My Head*, from which this quote and this image are taken.

Pointing out what 's wrong and what's not happening is one thing, taking action together to create the world we want is another.

Hearing Voices Networks have, for thirty years, been forming and working round the globe to enact a society that understands voice hearing, replaces fear with curiosity, understanding and compassion.

You can too.



emancipate

I believe the hearing voices approach is emancipatory because it offers us new roles, not only for a person who hears voices but new roles for family members and supporters and new roles for workers, too.

Ron Coleman

The hearing voices café is open



First Monday each month 6pm to 8pm

Venue

We meet at...

Coffee and All That Jazz

72 Howard Park Avenue, Toronto
Roncesvalles / Howard Park Ave

Streetcars: 506 College, 501 King, 505 Dundas

Hosted by
Recovery Network: Toronto

www: www.recoverynet.ca



www.facebook.com/HearingVoicesCafe

Hearing Voices Café Toronto

Mon 4th Jan | 1st Feb | Mon 7th Mar | 4th April

6pm to 8pm

Hosted by: **recoverynetwork:Toronto**



What is a hearing voices café?

In one sense every cafe is a hearing voices café – a place we might hear or even seek the polyphony of many voices.

Toronto's hearing voices café started as a project in association with artist Dora Garcia and her exhibition I SEE WORDS | I HEAR VOICES at the Powerplant and, in a world first, has become a permanent feature.



What happens at a Hearing Voices Cafe?

As at any other café anywhere, people come together to meet, enjoy something to drink and something good to eat, we talk, listen, maybe learn something and enjoy the experience.

If you are curious about our own experiences, or if, maybe wondering where you can talk about experiences that you have but that no one talks about then this may just be one such place.

You can ask questions, pick up information leaflets, buy a button, read a poem, share your experience in your words.

We invite you to come join a different, more curious, conversation about the many ways that we can experience being human.

The Hearing Voices Café meets in a café- like any other cafe a place people come together to meet.

Toronto Hearing Voices Group

Toronto hearing voices group is in or sixth year. We offer a private, safe space for people who hear voices and want a place to talk about and share their experiences without being told what to do, diagnosed, stereotyped or jumped on.

We meet the **third Thursday** each month near Ossington TTC.

If you sometimes hear voices, see things, smell things, feel things, sense things or think things that others don't... and when you talk about it others get their freak on... -then you're welcome.

“Many social movements have their origins in cafes”

Matt Galloway introduces a segment for CBC Metro Morning by Mary Wiens about Toronto's Hearing Voices Cafe. You can hear it here...



[Hearing Voices Café on the radio](#)

Just because a person hears voices does not mean that they are ill but if it leads to them becoming isolated then they can become very ill indeed. Maybe, in a society that understands would be less fearful and fewer people who struggle would find themselves isolated, ill and stuck.



Hearing Voices Café

To hear oneself speak is maybe the minimal definition of consciousness



First hearing Voices Café, artist Dora García installation - a gathering place for people who hear voices, hosted by the Traumzeit Café in Hamburg. **Oct 2014.** <http://thehearingvoicescafe.doragarcia.org/>

Who hears voices?

Research shows that...

- between 4% and 15% of us hear voices on a regular basis. Even the low end of that range means this many people- each tiny figure represents one million of us.
- three in four of us will have at least one experience of hearing a voice others don't.
- in one study 48% of married people said they heard, saw, or otherwise sensed the presence of their deceased spouse.
- in another study even 38% of medical students said they had heard a voice that others hadn't heard.

