

# Toronto Hearing Voices Group

Sep 2019 to  
July 2020

Third  
Thursdays

6:30pm to  
8:30pm

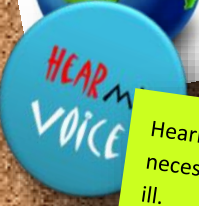
- Thu 20<sup>th</sup> Sep
- Thu 17<sup>th</sup> Oct
- Thu 21<sup>st</sup> Nov
- Thu 19<sup>th</sup> Dec

- Thu 16<sup>th</sup> Jan
- Thu 20<sup>th</sup> Feb
- Thu 19<sup>th</sup> Mar
- Thu 16<sup>th</sup> Apr

- Thu 21<sup>st</sup> May
- Thu 18<sup>th</sup> Jun
- Thu 16<sup>th</sup> Jul

If you sometimes  
hear voices,  
see things,  
smell things,  
feel things,  
sense things or  
think things  
that others don't...  
and when you try to talk about  
it others say "its not real" and  
get *their* freak on...

**-then you're welcome to  
join us because we do  
too.**



Hearing voices does not necessarily mean a person is ill.  
But it can lead to becoming isolated and misunderstood - and for any of us that can certainly result in becoming very ill indeed..

Many voices can be unthreatening and even positive. It's wrong to turn this into a shameful problem that people either feel they have to deny or to take medication to suppress.  
-Prof Marius Romme

The Board Room  
Inner City  
Family Health Team  
4<sup>th</sup> Floor  
69 Queen St, East  
-SW Corner @ Queen n Church

We envisage and enact a society that understands and respects 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 already on its way.  
-Eleanor Longden