

Hearing voices does not in itself mean a person is ill, but it can lead to them becoming misunderstood, feared and dehumanized - and THAT can lead to them becoming very ill indeed.

Whatever else you might think that hearing voices is a symptom of, it is also a symptom of being very much alive and fighting to survive.

Suck LESS
THE VOICES ARE REAL

There's a WAY OUT of this MESS

hearing voices

TORONTO

Workshop #1

Accepting Voices

Sat 30th Oct & Sat Nov 6th

Hearing Voices Workshop #1

Accepting Voices

Sat 30th Oct & Sat Nov 6th

Two half-days
9:30 to 1pm

Where:
Church of The Holy Trinity
Trinity Square, Toronto

Fees:
Worker Full : \$200
Family member: \$150
Concession: \$100

In Collaboration with:
Church of The Holy Trinity



Register Online NOW

<https://www.eventbrite.com/e/hearing-voices-workshop1-accepting-voices-tickets-168970089085>

A Real workshop In Person, Not Zoom

This workshop will better enable you to...

- Offer yourself as a one-person safe space to those who struggle with painful experiences - like difficult-to-hear voices – that get called “psychosis”.
- Understand hearing voices as a normal human experience, maybe not shared by everyone, but part of what it means to be human.
- Look within your own experience and relate with different experiences of hearing voices.
- Explore how you can work more easily and be more real with people who hear voices.

Who this workshop is designed for...

If, in your work, you come into contact with people who hear voices and who struggle; and you have experienced how that can leave you feeling uncomfortable or worse, then we think you'll find this **one-day** workshop useful.

This workshop is also highly suitable for those who support a loved one who struggles, and feel disabled by the way they are regarded by services.

So, if you're a doctor, nurse, social worker, community worker, housing worker, peer support worker, psychologist, therapist, police officer, etc., then it may be for you.

Workshop Design

This is an intensive workshop covering a lot of ground , together we will :

- Gain insights from people who hear voices, and from others who work with them.
- Connect with resources and the global hearing voices community.
- Learn how we can think differently about voices.
- Explore how as workers we can accept ourselves and each other, relax and enjoy our work: the better to offer support for people who hear voices.

A very interactive workshop with deep personal reflection, shared sense making and dialogue. We will also share some strategies that many voice hearers find helpful and ways you can adapt your practice supporting those who struggle

This workshop is designed to leave you feeling more competent and confident when working one-to-one with people who hear voices.

What others have said about this workshop...

This approach is so valuable and needs to be shared ...

So many people feel trapped & think they don't have options and this I so freeing..

How I learned to stop being afraid and learned to love the voices...

Gave me a way to look within myself and challenge old-school, conventional ways of thinking and acting..

This changes... E-V-E-R-Y-T-H-I-N-G!!!
Who needs this? Everyone working in mental health services. NO !!- everybody!!