Testimonials

“The first time I attended the support group, I realized I was not alone in what I was experiencing.”

“This group helped me overcome stigma and made me feel accepted and not ashamed.”

“When I am there I feel safe to talk about my voices, and everyone supports me. It’s a great feeling.”

Self Help and Peer Support

Peer support is based on the idea that often the best people to help us through difficult times are those who have been there too.

It’s about getting together, sharing experiences, and finding ways of coping with them. We all have our own expertise and we all have something to offer— even if we don’t always realize this. In these groups you can be yourself with people you trust.

For more information
Creating Increased Connections (CIC)
18 E. 4th Street, Bridgeport PA 19405
robin.l.campbell@rhd.org

website: www.mchvn.org

Taking Back Our Power!
A Peer Support Group for people who hear, see or sense things that other people don’t

484-681-9432

EVEN EVERYONE IS WELCOME UNDER THE UMBRELLA!
Creating Increased Connections through Education and Support (CIC)
A Program of Resources for Human Development (RHD)
In Our Own Words:

People in Hearing Voices Groups Describe the Benefits:

- To experience not having to hide yourself because of hearing voices
- To exchange experiences about coping, and improve your coping
- To realize you don’t have to do what the voices say, and you do have your own opinion and your own power
- To realize that you can work with your voices and not only have to suppress them

What Helps:

- Meeting someone who takes an interest in the voice hearer as a person
- Meeting people who accept the voices as real; being accepted as a voice hearer by others, but also by oneself
- Becoming actively interested in the hearing voices experience

Finding Hope!

There are lots of ways of coping and living with these experiences, and many people do!

Where:

- We hold Hearing Voices Groups on a weekly and ongoing basis in the following areas for adults who identify with hearing voice:
  - Norristown
  - Willow Grove
  - Lansdale
  - Bryn Mawr
- We hold Hearing Voices Groups for young people in the following areas:
  - Hatboro
- We hold a Voices Learning Community Group which is open to anyone interested in learning about hearing voices. This is a learning group. The group meets once a month:
  - Bridgeport
- We hold a Family Support Group for family members or people we care about with voices. This group meets once a month:
  - Horsham

For updated schedules:

www.mchvn.org
Or call 484-681-9432