

# hearing voices

Toronto

## Living with extreme states & difficult experiences

### - including WRAP®

**Begins 10 Jan 2014**

Wednesdays 2pm to 5pm, 12 week programme

We are grateful to  
MDAO  
Mood Disorders  
Association Ontario  
for granting us use  
of their space.

## Living with extreme states - including WRAP®

12 week, peer- designed and  
peer-led program

**Begins 8<sup>th</sup> Jan 2014**

Wednesdays 2pm to 5pm

Yonge/Bloor

### Fee

Programme is free  
materials/workbook at  
cost - approx \$35

Facilitated by Kevin Healey of  
recoverynetworktoronto

Limited spaces

## Registration is Required

### Do you live with...

voices?, visions? dissociations? difficult thoughts?  
other extreme states and experiences?

### Are you looking for...

- a safe place to explore different understandings , languages and explanations?
- practical ways you can take more control of your life and experiences?
- a way to connect with people who have similar experiences?

### This programme will introduce you to ways you can begin to...

- relate difficult experiences to what is happening in your life,
- accept, make sense of and describe your experiences in ways that fit your values and are useful to you.
- focus on your own wellness, and build resilience by taking small steps every day to gain more control of your life.
- build resilience, leaving you more able to live with difficult experiences.
- figure out what you want to work on changing.

**Note:** This is not a crisis response group and is not a therapy group.

**Inquiries & Registration**  
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**More info**  
[www.recoverynetworktoronto.wordpress.com](http://www.recoverynetworktoronto.wordpress.com)