

hearing voices

Toronto

Living with extreme states & difficult experiences

- including WRAP®

Begins Wed 8th 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 - including WRAP®

12 week, peer- designed and
peer-led program

Begins Wed 8th Jan, 2014

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Location - Yonge/Eglinton

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
voicestoronto@hotmail.com

More info
www.recoverynetworktoronto.wordpress.com