

Hearing Voices

Toronto, Ajax, Oshawa, Whitby & Calgary too.

February 2018

1 st	Feb	Thu	Oshawa HV Cafe
5 th	Feb	Mon	HV Café Toronto
8 th	Feb	Thu	Three Movies One Dialogue Screening: HEALING VOICES
15 th	Feb	Thu	Hearing Voices Group: Toronto
20 th	Feb	Tue	Durham Charter Group

March 2018

1 st	Mar	Thu	Oshawa HV Cafe
5 th	Mar	Mon	HV Café Toronto
5 th	Mar	Thu	Hearing Voices Group: Toronto
20 th	Mar	Tue	Durham Charter Group
22 nd	Mar	Thu	Three Movies One Dialogue Screening: CRAZYWISE
23 rd	Mar	Fri	Workshop#1 ACCEPTING VOICES @ UoT

April 2018

5 th	Apr	Thu	Workshop#1 ACCEPTING VOICES 4 Families
5 th	Apr	Thu	Three Movies One Dialogue Screening: THEY HEARD VOICES
5 th	Apr	Thu	Oshawa HV Cafe
16 th	Apr	Mon	HV Café Toronto
17 th	Apr	Tue	Durham Charter Group
19 th	Apr	Thu	Hearing Voices Group: Toronto

May 2018

3 rd	May	Thu	Oshawa HV Cafe
5 th	May	Sat	Workshop#1 ACCEPTING VOICES in CALGARY
9 th	May	Mon	HV Café Toronto
19 th	May	Thu	Hearing Voices Group: Toronto
22 nd	May	Tue	Durham Charter Group
24-25 th	May	Thu & Fri	Workshop #2 Working With Voices, Oshawa



Three Movies One Dialogue

Hearing Voices Café



Durham Hearing Voices Café
Join us for a different kind of conversation on the first Thursday of every month
Where: Cocoa and Joe Café
44 Simcoe St. N. Oshawa
When: First Thursday of each month
6:00PM to 7:00PM

What is a Hearing Voices Café?
Inspired by the Hearing Voices Movement and the Hearing Voices Café, the Durham Hearing Voices Café aims to create a safe space for those who hear voices. The Hearing Voices Movement offers a safe space for those who hear voices, and promotes the idea that voices may offer insight and possibility and should be regarded rather than feared. This Hearing Voices Café aims to create change, connection and dialogue amongst those who get called psychotic. The idea is to connect people who struggle and to help them make sense of their experiences, and help reduce isolation by creating connections. A Hearing Voices Café provides healthy conversation and supportive listening.

If you have questions please contact Jenn at 905.438.8792 x 333 or jennifer@durhamvoices.org

More info: www.recoverynet.ca

recovery network: Toronto

