

Special Messages Support Group

Thursdays 5:00-7:00



At the PEERS Office
333 Hegenberger Road, Suite 250
Oakland, CA, 94621

Special Messages is an approach to working with experiences like having uncanny intuitions, hearing voices, visions, getting interpersonal feedback, and seeing clues in media, words, numbers, and in the world that surround you. These collection of experiences may lead to ideas about the world that many people disagree with.

This is an approach that has developed over eight years in a local therapy practice. It invites you to come share your story, hear about the experiences of others, and socialize about experiences that are often viewed as being taboo in many social settings.

Currently we are a local effort. We used an innovations grant to explore setting up training experiences and groups in local agencies. Now we are in the process of being affiliated with the Bay Area Hearing Voices Network.

The Support Group is free, fun, and easily accessible to those who travel BART or live in East Oakland. Come check us out!

**If you have questions or need more information please contact:
special.messages7@gmail.com**