



# *Hearing Voices Support Group*

*Have you heard voices? Experienced altered states?  
Then you are not alone.*

Heart and Soul's Hearing Voices Group supports anyone who has had these experiences by providing opportunities to talk about them freely and without judgment amongst peers. We support individuals to explore, understand, learn and grow from these experiences in their own way.

*Raising awareness about voice hearing, visions,  
and other altered or extreme experiences*

**Every Tuesday at 11:00 am**

**The Source**

Heart and Soul's Mental Health Peer Support Drop-In Center

**In the Wellness Lounge**

200 Industrial Rd, Room 160

San Carlos, CA 94070

Wellness Lounge Phone: 650-394-8604

