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