

Do you hear voices?  
Experience life as a tv  
show?  
Feel targeted in something  
bigger than yourself?  
Have experience with ghosts  
or extraterrestrials?  
See things others don't?  
**You are not alone!!**



*Voices, Visions & Other Unusual or Extreme Experiences*

1 in 10 people hear voices, but many choose not to talk about them. A Hearing Voices Group is a place where people can talk about their experiences without judgement. It offers mutual support, friendship and the opportunity to explore your experiences in a non-clinical, social setting and learn from others with similar stories.

Join us at our POCC Hearing Voices Group  
Wednesdays 10:30am-12pm  
At 2000 Embarcadero Cove, 4th floor  
Check in at the front desk for room info.  
Oakland, CA 94606

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