



Hearing Voices & Extreme States Support Group

**Meets on the
1st & 3rd
Thursday of
every month,
6 - 7:30 PM,
at
First United
Methodist
Church,
Room 19
1376 Olive St.,
Eugene**

**No fee,
no registration,
just drop in!**

For further
information, contact
the NAMI Lane County
Resource Center at
541-343-7688 or at
office@namilane.org

Jointly sponsored by:
NAMI Lane County
MindFreedom Lane County
LILA Peer Club
Eugene/Springfield
Hearing Voices



This group is open to everyone who hears voices, sees visions, experiences extreme states and/or has unusual beliefs, whether or not a person has a mental health diagnosis or takes medication. The group aims to be inclusive, non-

judgmental, pro-treatment choice and pro-diversity.

This group is a safe, accepting, peer-led place to share and explore experiences such as hearing voices, having visions, and unusual or extreme states of consciousness.

- What does it mean to have these experiences?
- Are they best thought of as illness, or as a reaction to trauma, or as spiritual, or as a possibly valuable part of mental diversity?
- What are the most helpful ways of coping with and of solving the problems they sometimes cause?
- Is it possible to transform one's relationship to the experiences so that life can go on as well or better than before the experiences began?