



# TAKING BACK OUR POWER

## A HEARING VOICES GATHERING

Join us for a Taking Back Our Power hearing voices group. These groups are open to anyone with the experience of hearing voices, or experiencing other phenomena not shared by others. We offer a non-clinical, non-judgmental environment for free and open discussion away from traditional psychiatric treatment. If you hear, see, smell, or feel things that other people can't perceive, this group is for you. Everything that happens in the meetings is confidential. We're available for you three times a week, online.

Mondays  
3p.m. (EST)

Tuesdays  
4 p.m. (EST)

Wednesdays  
3 p.m. (EST)

### Join Zoom Meeting

<https://us02web.zoom.us/j/85399542179>

Meeting ID: 853 9954 2179

### Or dial in for phone access

301-715-8592

or

646-558-8656

Meeting ID: 853 9954 2179

### Contact Us:

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Or visit:

[www.mchvn.org](http://www.mchvn.org)