

Purpose

CT Hearing Voices Network Groups are based firmly on a belief in self-help, mutual respect and understanding. They provide a safe space for people to share their experiences of voices, visions, unusual sensory perceptions, and to support one another. They are peer support groups involving social support and belonging, not therapy or treatment. The groups can offer an opportunity for people to accept and find meaning in their experiences in a way that helps them regain power over their lives.



Confidentiality

CT Hearing Voices Network Groups are confidential. What is discussed in the groups stays in the groups.

Respect

CT Hearing Voices Network Groups welcome the diversity of experiences and views of the members. Rather than seeing one belief system as more valid than another, all explanations for voice and vision experiences are valued. There is no assumption of illness.

Flexibility

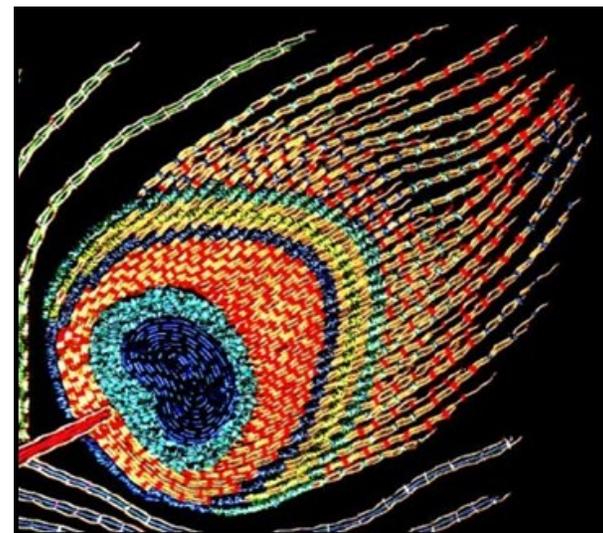
Rather than being solely focused on voices and visions, group members are welcome to talk about any issue that is important to them.

Membership

Membership of the groups is intended to be made up of people with lived experience of voices, visions and other unusual sensory perceptions. The groups recognize the importance of being truly member-led. Each participant has an important part to play in determining the direction of the group.

Facilitation

CT Hearing Voices Network Groups have two facilitators who are trained and certified by the Hearing Voices Network—USA.



CT Hearing Voices Network

for people who
hear voices, see
visions or have
other unusual
perceptions

Website: www.cthvn.org



Email: connect@cthvn.org

Statewide Support Groups

Deep River Group

Wednesdays 1:00 - 2:30 pm

1 Church Street, Deep River

Contact: jvann@snet.net

Hartford Toivo HVN Group

Tuesdays 2:30 - 4:00 pm

Toivo by Advocacy Unlimited

399 Franklin Avenue, Hartford

Contact: (860) 667-0460

Hartford H.O.M.E. HVN Group

Thursdays 2:30 - 4:00 pm

H.O.M.E. by House of Bread

1453 Main St, Hartford

Contact: Edina (860) 293-6343

Manchester HVN Group

Fridays 3:00 - 4:30 pm

587 E. Middle Tpke - Conf Rm #2,

Manchester

Contact: Annette (860) 576-4470

Middletown HVN Group

Mondays 10:30 - 11:30 am

Buttonwood Tree Performing Arts
& Cultural Center

605 Main Street, Middletown

Contact: (860) 343-5303

New Britain HVN Group

Not Currently Meeting

Contact: (860) 212-9623 or

(860) 922-2116

New Haven HVN Group

1st & 3rd Wednesday 5:15 - 6:30

Stetson Branch Library

200 Dixwell Avenue, New Haven

Contact: Jim Cronin

(203) 881-8557 or

NewHavenHVN@gmail.com

New Haven—Inpatient Group

(Not Open to the Public)

Wednesdays, 2:15 - 3:00 pm

Yale-New Haven Psychiatric Hospital

184 Liberty Street, New Haven

Contact: (203) 804-5507

Norwalk HVN Groups

Tuesdays 1:00 - 2:30 pm or

Wednesdays 6:30 - 8:00 pm

HSC Community Services Center

One Park Street, Norwalk

Contact: (203) 493-6382 or

NorwalkHVN@gmail.com

Rocky Hill HVN Group

Tuesdays 7:00 - 8:30 pm

Rocky Hill Congregational Church

805-817 Old Main St., Rocky Hill

Second Floor Classroom

Contact: Sophia Vasylyk

(203) 391-4968

Torrington HVN Group

Mondays 10:00 - 11:30 am

51 Commercial Blvd., Torrington

Contact: Courtney Malcolm

(860) 496-3778 or

Andy Walters (860) 294-5032

andrewwilliamwalters@gmail.com

Waterbury HVN Group

Thursdays 2:00 - 3:30 pm

Discovery Center

95 Thomaston Ave, Waterbury

Contact: Kait 203-805-5313