



Bay Area
Hearing Voices Network
Newsletter

June 2024 | Vol 4 #6

Hearing Voices Group Facilitator Online Summer Training

July 15th-July 30th 2024

The next “Hearing Voices Group Facilitator” Training is presented by the Wildflower Alliance with the primary purpose of training people to start their own Hearing Voices groups in their specific area or join hearing voices networks like the BAHVN. We are looking to add more HV groups so if you are interested please contact the Bay Area Hearing Voices Network at our website: bayareahearingvoices.org

The Hearing Voices approach offers a non-pathologizing, open way of understanding and supporting people through the experiences of hearing voices - as well as seeing visions, holding unusual beliefs, multiplicity, and other sensory experiences. This movement understands that hearing voices can be a normal part of human experience with a variety of meanings for people. This approach can be used in peer support groups or any other support context.

There are a growing number of Hearing Voices groups in the US and beyond. Join us and be a part of the movement. Learn more at <https://www.hearingvoicesusa.org/> or the BAHVN at bayareahearingvoicesnetwork.org

TRAINING DATES

Monday, July 15th

Tuesday, July 16th

Monday, July 22nd

Tuesday, July 23rd

Monday, July 29th

Tuesday, July 30th

All six sessions will run from Noon to 4PM Eastern time / 9am to 1PM Pacific time. Reading homework will be assigned ahead of time and during the class. Attendance at all sessions is required to complete the training. (Note: Participants are able to miss up to two hours of the training, not including breaks, and still train).

LOCATION

This training is being held ONLINE via Zoom. PLEASE NOTE: This is not something we intend to do often, and is strictly to bridge the gap while the COVID-19 pandemic is happening. In general, we recommend in person trainings wherever possible.

TRAINING PREREQUISITES

This training is primarily intended for people who have some basic facilitation skills and/or training, though not absolutely required so long as it is understood that the training is not designed to provide these basic skills. You should have an active interest in starting a Hearing Voices group or supporting an existing one.

COST

The Wildflower Alliance does not have dedicated funding to support our many trainings offered to individuals or organizations. We rely on fees from participants to continue this important and difficult work. Participant fees pay our uniquely skilled and experienced trainers, support ongoing curriculum development, and help offset the costs of related administrative work. At the same time, we are committed to making these trainings as accessible as possible to community members committed to our work who are poor, disabled, working paycheck-to-paycheck, or may not stand to inherit wealth. We know that sometimes it's hard to know what to pay when offered a sliding scale. We invite you to be honest about what resources you have access to and what you are able to give to reflect the value of this approach in your life and in the world.

[Apply for training](#)



Online training: When conversation turns to suicide

When Conversation turns to Suicide is a 16-hour training based in the Alternatives to Suicide approach and intended as an alternative to ASIST, QPR, and other approaches rooted in conventional medicalized systems. This training is open to providers, family members, peer supports, first responders and anyone else who wants to learn how to offer support to someone who is suicidal.

DATES

Monday, August 19, 20, 26 and August 27th

TIMES

12pm-4pm EST, 11am-3pm CST, 9am-1pm PST.

[Register here](#)



The Mental Health Association of San Francisco proudly announces its NEW Advanced Peer Professional Training

As part of our commitment to offering peers comprehensive job training and support for the peer supportive workspace, we're excited to announce MHASF's own in-house certified MediCal Peer Support Specialist training program, APPT.

Our training team at APPT is ready to share their knowledge of the [17 Core Competencies](#) for MediCal Peer Support Specialists and prepare you to take the state certification exam. APPT's Employment Specialists offer comprehensive employment services including resume building, career navigation, interview

skills, post-placement support, scholarship codes for certification fees, and more to help you put your new certification to good use!

When you choose APPT it means you are gaining a dedicated team of your peers who are excited to see you succeed as you seek MediCal Peer Support Specialist certification, find employment, and beyond. We are your one-stop-shop to becoming a certified and employed MediCal Peer Support Specialist.

One application unlocks the full suite of services from APPT!

[Learn more](#)



SAFE 4 Recovery

What can you do if someone in your family is struggling? Is it beyond the capacity for the family to deal with these strange new feelings and behaviors? Is the only choice to seek medical intervention?

Survivors and families empowered for recovery is a coalition of psychiatry survivors, families, and mental health professionals who believe in the power of hope and the resilience of the human spirit. They have launched a website to challenge a mental health system that often does more harm than good. Learn more and fill out a quick survey below.

[Learn more](#)

Hoarding Disorder Webinar Series

You can join an online live 12-week webinar series covering topics related to Hoarding Disorder and collecting behaviors. Presented by Susie DuBois, LMFT, this educational webinar series will offer treatment strategies, information on co-occurring disorders, and more. Presentations will include time for audience questions and community building. The price of each session is \$20 and registrants will receive a recording.

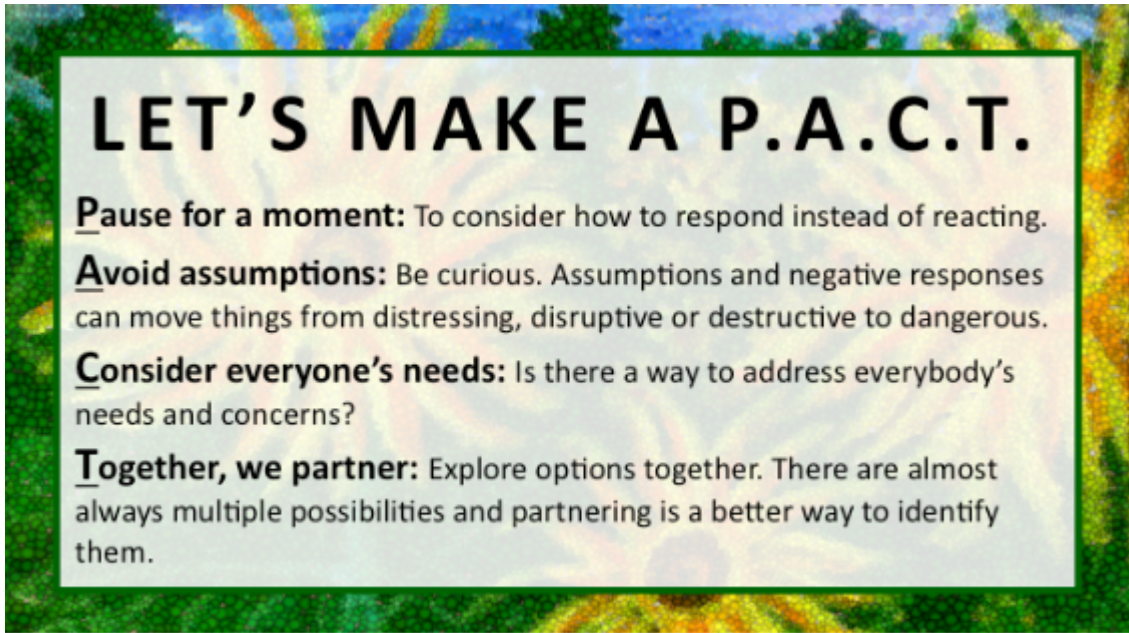
WHEN

Fridays @ 12 PM - 1 PM

[Register](#)

Let's Make a P.A.C.T.

Communication is so important to help us understand each other and to make bridges even when our visions of reality are so different. The following are some helpful hints from Wildflower Alliance to make that possible:



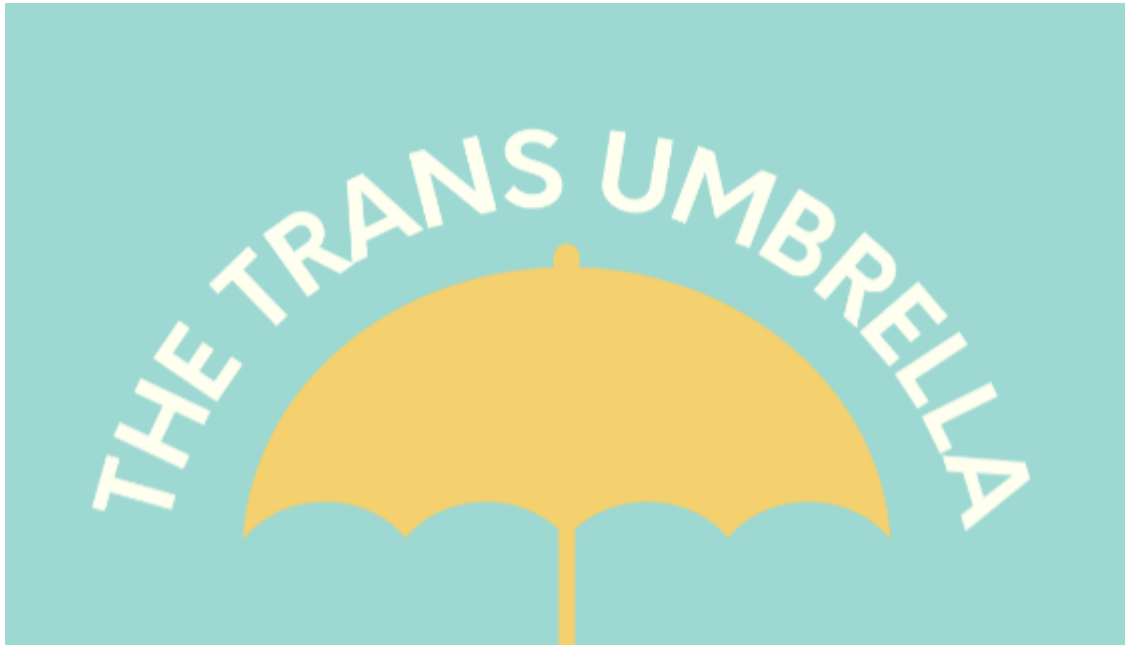
Wildflower Alliance

Often it involves just taking a moment to step back to breathe and to remember the P.A.C.T. suggestions. Pausing even for a moment helps us to avoid assumptions and to consider everyone's needs, even in moments of crisis. These suggestions helps us to become allies and partners on this journey of life.



MHASF Has Two Online LGBTQ+ Support Groups

Pride Place was formed in 2021 by a small group of MHASF staff. Meeting every second and fourth Wednesday from 4:30 to 5:30 pm, it's a space open to anyone identifying within the LGBTQ+ rainbow!



The Trans Umbrella—established in 2022 by the Mental Health Association's San Francisco's (MHASF) Annie Hochenauer—is open to transgender, non-binary and gender non-conforming folx. Check it out every first and third Wednesday from 4:30 to 5:30 p.m. For more information contact: annie@mentalhealthsf.org

Join our Reddit group

BAHVN now has it's own Reddit group! Started by our facilitator Kyle Foster, read member posts, write about your experiences, and

connect with community at any time! It's free and easy to join, check it out below!

[Join here](#)



Hearing voices groups

Monday meetings

BAHVN offers an online a family and friends and adult support groups Tuesday evenings at 6 pm led by trained facilitators with lived experience in the mental health system.

[Join Monday meeting](#)

Tuesday meetings

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Friday Nights BAHVN Game Night

An online weekly night of fun and games. Game play is free of charge to BAHVN adults, TAY, and family members, All attendees are required to open an account at boardgamearena.com, where the game night will be held online.

[More info](#)

Sunday meeting

Come at 5pm for an Adult Support Group with Kyle, a recently added BAHVN Facilitator.

[Join Tuesday meeting](#)

[Join Sunday meeting](#)

Wednesday meetings

BAHVN, in partnership with the Mental Health Association of San Francisco (MHASF), offers an online adult support group Wednesday evenings at 6pm.

[Join Wednesday meeting](#)

The HVN-USA Family and Friends Group (friends, lovers, and caretakers) are welcome) meets online for 90 minutes Wednesdays 3:00-4:30 pm PST, 6:00-7:30 pm (EST). To join contact cindy@westernmassrlc.org.

Voice world science discussion

This is not a support group but is a science group for anyone who is interested in how the voice world works. Attendees will explore the voice world in its entirety and how the physics of the physical world applies to the voice world. The science group is open to the Public.

[Join science meeting](#)



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Network

2024 BAHVN

Our mailing address is:

Want to change how you receive these emails?

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