



Journeys to Wellbeing

Hearing Voices Public Workshop

“One of the biggest barriers to recovery is discrimination. That is why stopping discrimination and championing respect, rights and equality for people with mental distress is just as important as providing the best treatments, therapies and peer support.”

WHEN: Wednesday—21 March 2012
WHERE: Journeys to Wellbeing
TIME: 10.00am—1.00pm

Hearing Voices that are Distressing (3 Hour WORKSHOP)

This workshop is intended to break down barriers between those who hear voices and the public at large by simulating the voice hearing experience using MP3 players and role playing.

This workshop is FREE and sponsored through a grant from the NZ Lottery Grant Board ‘TE PUNA TAHUA’. Places limited, so book early.

In the absence of accurate information, assumptions are formed and often influenced by things we hear or read about in the media and hear and experience in our day to day lives from health services, friends, family and the wider community. Unfortunately the experience of mental distress is often portrayed in a negative light, escalating fear and misunderstanding.

Through open discussion, people can learn about the many different experiences of mental distress and come to learn that recovery and wellness are possible.

‘Moving Together Beyond Horizons’

(06) 355 3387

Journeys to Wellbeing, Level 2 BNZ Building, Corner Rangitikei Street and Broadway Ave, PO Box 1177, Palmerston North
Or email training@journeystowellbeing.org.nz

Parking available in the Square \$1.00 per hour.



Voice Hearers Support Group

First Friday of every month 12.45—2.30pm

Check out www.journeystowellbeing.org.nz