



VOICES & VISIONS SUPPORT GROUP

Although 1 in 10 people hear voices, many choose not to talk about them. *Voices and Visions* is a place where people can meet and talk about their experiences without fear of judgment. It offers mutual support and friendship, with an opportunity to explore your experiences and learn from others with similar stories

“Instead of fighting the darkness, you bring in the light.”
-Eckhart Tolle

Life House

When: Tuesdays 2:00-3:00pm

Where: AT Wellness Center

5850 West Mall Road

Atascadero

Hope House

When: Tuesdays 11:00-12:30pm

Where: SLO Wellness Center

1306 Nipomo Street

San Luis Obispo

