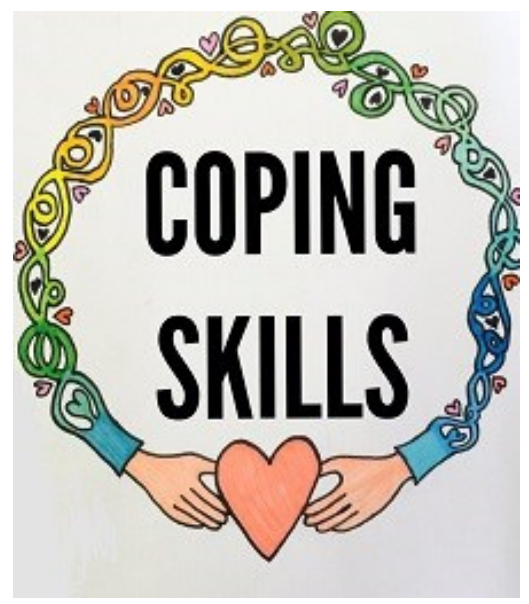


Embracing-our-vulnerability
 Inspire Help Trust
 Empowerment Empathy
 More-hope Fun **Hope** Support
 Empower-someone Listener
 Compassion
 Love-yourself-love-somebody
 Relatable Recovery
 Boundaries
 Share-the-burdens
 All-winners

**NO
 judgement
 ZONE**



NeMCMHA

400 JOHNSON ST.
 ALPENA MI 49707
 989-356-2161
 ACCESS #
 1800-834-3393



Healing Voices
Group
Embrace Diversity



NeMCMHA

Peer Support Services

Healing Voices

Healing Voices is a group that is safe, supportive, non judgmental, and open.

Healing Voices is a group that is respectful to all that attend.

Healing Voices is welcoming and inviting.

Healing Voices is a group that gives men and woman who are hearing voices or have experienced altered states. The group gives each individual the opportunity to talk freely about them. This is also a group that embraces the community which we live in help reduce stigma.

Healing Voices is a Certified Peer Support Specialist Facilitated group.

Facilitators: Barb Murphy, and Andrew Carriveau

Support Group

Healing Voices Offers

- *Confidentiality
- *Inclusion
- *A safe place to share lived experiences
- *Participation
- *Respect
- *Expressing your beliefs
- *Addressing Stigma
- *Acceptance & Understanding
- *Recovery Stories
- *Steps to Recovery
- *Coping Skills

Sharing Lived Experiences

Core Values

Healing Voices is a group that is based firmly on areas of self help, mutual respect and empathy.

NeMCMH is offering a safe place for people to share their lived experiences, and supporting one another in a non judgmental group setting.

* This is a Peer Support Specialist facilitated group involving social support, not therapy or treatment. Healing Voices offers an opportunity for people to accept their lived experiences in a way that might help them regain power over their lives.