

# **THE HEARING VOICES GROUP AT SHEPHERD HOUSE**

*A safe space for everyone to share their  
experiences*



*Please join Angie and Jaz on Thursdays for a chance to discuss  
lived experiences, hear from others, share coping strategies  
and have a cuppa!*

**Starting: Thursday 31st of May, 2018**

**Time: 11am - 12 midday**

**Location: Shepherd House, 129 Brighton Road, Worthing, BN11 2ET**

**Tel: 0300 30 40 060**

The group will be facilitated by Angie, who has lived experience of hearing voices and Jaz, a mental health nurse.