

MIFSA THERAPEUTIC GROUPS PROGRAM

SOUND MINDS

A GROUP SUPPORTING PEOPLE WHO HEAR VOICES

OUR AIMS

- ◆ Bring voice hearers together in a supportive environment
- ◆ Acknowledge strengths and achievements
- ◆ Share knowledge and experiences
- ◆ Share and discover ways of managing voices
- ◆ Build hope, acceptance and new possibilities
- ◆ Enjoy ourselves and have fun

The focus is about thriving, not just surviving

**Every Thursday
1.30pm — 3pm**



**5 Cooke Terrace
Wayville**

Interested?

Call Ben or Anna

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