



## CREATING INCREASED CONNECTIONS

### VIRTUAL MUTUAL AID GROUPS

#### Circle of Hope Virtual

Circle of Hope is peer-to-peer led discussion group. Join us for lively conversation about how we are feeling, our successes challenges, our recovery, and how we maintain our wellness. Everyone is welcome.

Wednesday's  
10:00AM -11:30PM

Zoom Link:  
<https://rhd.zoom.us/j/85192424587>

#### Circle of Hope

Circle of Hope is peer-to-peer led discussion group. Join us for lively conversation about how we are feeling, our successes challenges, our recovery, and how we maintain our wellness. Everyone is welcome.

Thursday's  
10:30AM-12:00PM

Hopeworx  
1210 Stanbridge St #600,  
Norristown, PA 19401

#### Live Another Day

Live another day groups are non-judgmental confidential spaces where people can share some of their darkest thoughts without being assumed to have an illness or being assessed for involuntary interventions. Support to openly explore these thoughts and the feelings and experiences underneath them is often the key to moving toward something different.

Tuesdays  
12:00PM-1:30PM

Zoom Link:  
<https://us02web.zoom.us/j/861>

#### Women's Identity & Experiences Circle of Hope Group

This group was created for women as a safe environment to voice & openly share our life stories as women & to empower ourselves to find greater meaning & purpose in life.

Wednesday's  
3:00PM-4:30PM

Zoom Link:  
<https://rhd.zoom.us/j/83638683076>



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### VIRTUAL MUTUAL AID GROUPS

#### Young Peoples' Hearing Voices Group

The Young People's Hearing Voices Group is a safe space for teens and young adults who have the experience of hearing, seeing, or sensing things not perceived by others. It is a place to talk and find personal meaning in our experiences.

Tuesday  
6:00PM-7:30PM

Zoom Link:  
<https://us02web.zoom.us/j/84853101167>

#### Taking Back Our Power Virtual

Taking Back Our Power hearing voices groups are open to anyone with the experience of hearing voices, or other sensory phenomena not shared by others. We offer a non-clinical, non-judgmental environment and open discussion away from traditional psychiatric treatment.

Monday's 3:00PM- 4:30PM  
Tuesday's 3:00PM-4:30PM  
Wednesday's 3:00PM-4:30PM

Zoom Link:  
<https://us02web.zoom.us/j/85399542179>

#### Taking Back Our Power

Taking Back Our Power hearing voices groups are open to anyone with the experience of hearing voices, or other sensory phenomena not shared by others. We offer a non-clinical, non-judgmental environment and open discussion away from traditional psychiatric treatment.

Tuesday's 2:30-PM-4:00PM

625 Montgomery Ave  
Bryn Mawr, PA 19010

Website  
[www.CIConnections.org](http://www.CIConnections.org)  
Questions Contact  
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