



SOUTH BAY PROJECT RESOURCE

Voices, Visions, and Realities: Support Group for Families, Friends, and Caregivers

Are you in a relationship with someone who experiences visions, different realities, or hears voices? Would you like to find a better way to communicate with your loved one about their experiences?

You are invited to join with other family members and friends and explore compassionate approaches to being with your loved one's experience. Learn tools for coping with extreme experiences as well as how to support your loved one and gain a better understanding of their meaning and content. This is a free, drop-in group.

Regular Monthly Meeting

Refreshments ~ Conversations ~ Relaxation Exercises ~ Films, and more!

SAN JOSE

When: Last Wednesday of the month, 7:00 P.M. – 8:30 P.M.

Where: Cypress Community Center, Room 1, 403 South Cypress Ave., San Jose, CA 95117

Please visit SBPR Website for the most updated time, and location before attending.

Please send an e-mail for more information or questions.

Website <http://www.southbayprojectresource.org>

Email southbayprojectresource@gmail.com