

Hearing Voices Group

**Alaska
Behavioral
Health**

**Fairbanks
Adult
Services**

1423 Peger Road
Fairbanks, AK 99709
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What is Hearing Voices group?

This is a group to support those who deal with **auditory hallucinations**. In this group, we will learn how to better cope with this issue and overcome the stigma around it. We will explore coping skills, medication management, how substances play a part, and ways to heal from the damage these voices cause. We will have fun and learn from one another and leave with a newfound freedom. This is a safe space to be yourself and be understood.

Who can benefit from Hearing Voices group?

Anyone who has ever had that voice inside that is negative and/or disruptive causing self-doubt. This is a small group and what is said here stays here.

When and where does this group meet?

The group will meet weekly on Thursdays, 2 – 3 pm. This group will begin on Thursday, July 1st, 2021. We will meet at 1432 Peger Road (Fairbanks Adult Clinic).

How do I join this group?

This group is facilitated by Keyda Harris, Peer Support Specialist. To join the group, make an appointment with Keyda at the front desk, or call 907-371-1300.