CREATING INCREASED CONNECTIONS
VIRTUAL MUTUAL AID GROUPS

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 and challenges, our recovery, and how we maintain our wellness. Everyone is welcome.

Wednesday’s 1:00PM-2:30PM
Thursday’s 10:30AM-12:00PM

Zoom Link: https://us02web.zoom.us/j/86798393823
Meeting ID: 867 9839 3823
Dial in: 1-301-715-8592

Thursday’s 10:30AM-12:00PM
In Person Option
Hopeworx
1210 Stanbridge St #600, Norristown, PA 19401

Alternatives to Suicide
Alternatives to Suicide groups are intended as 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/86161479674
Meeting ID: 861 6147 9674
Passcode: 148161
Dial in: 1-312-626-6799

Questions Contact:
Shelia Hall-Prioleau
215-906-0453
Shelia.HallPrioleau@RHD.org
https://www.ciconnections.org/
Facebook: Creating Increased Connections
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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’s a place to talk and find personal meaning in our experiences.

Tuesday’s
6:00PM-7:30PM

Zoom Link: https://us02web.zoom.us/j/84853101167
Meeting ID: 848 5310 1167
Dial in: 1-312-626-6799

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 for free 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
Meeting ID: 853 99542179
Dial in: 1 646 558 8656

Fun Day Friday
Fun activities and games to end the week with. Different games and activities each week. A place to laugh and socialize with peers.

Friday’s 12:00PM-1:30PM

Zoom Link: https://us02web.zoom.us/j/99810950596
Meeting ID: 998 1095 0596
Dial in: 1-646-558-8656

August
Fun Day Friday Groups:
8/6 Grab Bag
8/13 Jeopardy
8/20 Trivia
8/27 Scatagories

For up to date groups go to https://www.ciconnections.org/