

# Hearing Voices Network Virtual Groups

Monday	Tuesday	Wednesday	Thursday	Friday
<u>1st Week</u> CSPNJ HVN - 4:00 PM	Morris - 1:30 PM Freedom Trail - 3:00 PM Park Ave - 4:00 PM	CSPNJ HVN - 4:00 PM	Brighter Days - 12:00 PM CARE Center - 2:00 PM Freehold - 4:00 PM	CSPNJ HVN - 4:00 PM
<u>2nd Week</u> CSPNJ HVN - 4:00 PM	New Horizons - 1:00 PM Bergen - 2:15 PM Freedom Trail - 3:00 PM Park Ave - 4:00 PM	CSPNJ HVN - 4:00 PM	Brighter Days - 12:00 PM CARE Center - 2:00 PM Freehold - 4:00 PM	Moving Forward - 2:00 PM CSPNJ HVN - 4:00 PM
<u>3rd Week</u> CSPNJ HVN - 4:00 PM	Morris - 1:30 PM Freedom Trail - 3:00 PM Park Ave - 4:00 PM	CSPNJ HVN - 4:00 PM	Brighter Days - 12:00 PM CARE Center - 2:00 PM Freehold - 4:00 PM	CSPNJ HVN - 4:00 PM
<u>4th Week</u> CSPNJ HVN - 4:00 PM	Bergen - 2:15 PM Freedom Trail - 3:00 PM Park Ave - 4:00 PM	CSPNJ HVN - 4:00 PM	Brighter Days - 12:00 PM CARE Center - 2:00 PM Freehold - 4:00 PM	CSPNJ HVN - 4:00 PM

## Do you hear voices or have unconventional sensory experiences?

If you answered yes and want to talk about your experiences, please join us via computer or phone for Virtual HVN.

All HVN meetings are open to the public. Your identity will be kept confidential. Feel free to attend whichever group fits your schedule, as frequently as you like. First-time callers are welcome.

Please note that the times cited in the calendar above are START times. All groups meet for an hour. Please be courteous to others in the discussion by calling in when the group starts. If you call 15 minutes after a group has started, you may be prevented from joining the conversation already in progress (at the discretion of the groups facilitator).

## Call-in information for HVN groups:

- CSPNJ HVN** - Website link via computer: <https://zoom.us/j/6455398779> Meeting ID: 645 539 8779  
 Call-in phone#: (646) 876-9923 \*Join meetings using just your phone, or (optionally) use your phone instead of computer mic for audio while online
- FREEDOM TRAIL** - Via computer: [freeconferencecall.com/wall/lstone10](https://freeconferencecall.com/wall/lstone10) Meeting ID: lstone10  
 Call-in phone#: (978) 990-5000 access code: 506355
- PARK AVE** - Via computer: [freeconferencecall.com/wall/alawson01](https://freeconferencecall.com/wall/alawson01) Meeting ID: alawson01  
 Call-in phone#: (978) 990-5412 access code: 786936
- NEW HORIZONS** - Call-in phone# (978) 990-5000 access code: 200524
- BERGEN** - Call-in phone#: (978) 990-5000 access code: 527451
- MORRIS** - Call-in phone#: (978) 990-5000 access code: 171841
- BRIGHTER DAYS** - Via computer: [freeconferencecall.com/wall/mlockhart8](https://freeconferencecall.com/wall/mlockhart8) Meeting ID: mlockhart8  
 Call-in phone#: (978) 990-5016 access code: 234783
- CARE CENTER** - Via computer: [freeconferencecall.com/wall/mdurant1](https://freeconferencecall.com/wall/mdurant1) Meeting ID: mdurant1  
 Call-in phone#: (701) 802-5328 access code: 254602
- FREEHOLD** - Via computer: [freeconferencecall.com/wall/lnegron7](https://freeconferencecall.com/wall/lnegron7) Meeting ID: lnegron7  
 Call-in phone#: (978) 990-5391 access code: 677767
- MOVING FORWARD** - Call-in phone#: (425) 436-6387 access code 564080