

# 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 group's 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** - Call: (646) 558 8656 ID: 480 494 4894 Access Code: 216467  
Online: [zoom.us/j/4804944894](https://zoom.us/j/4804944894)
- **PARK AVE** - Call (929) 436 2866 ID: 629 023 2154 Online: [zoom.us/j/6290232154](https://zoom.us/j/6290232154)
- **NEW HORIZONS** - Call (978) 990-5000 access code: 200524
- **BERGEN** - Call (929) 436 2866 ID: 201 489 8402 Online: [zoom.us/j/2014898402](https://zoom.us/j/2014898402)
- **MORRIS** - Call (929) 436 2866 Access Code: 973 334 2470 Join online: [zoom.us/j/9733342470](https://zoom.us/j/9733342470)
- **BRIGHTER DAYS** - Call (929) 436 2866 ID: 431 325 4238 Online: [zoom.us/j/4313254238](https://zoom.us/j/4313254238)
- **CARE CENTER** - Call (929) 436 2866 ID: 7719053838 Online: [zoom.us/j/7719053838](https://zoom.us/j/7719053838)
- **FREEHOLD** - Call (929) 436 2866 ID 950 275 4870# Online: [zoom.us/j/9502754870](https://zoom.us/j/9502754870)
- **MOVING FORWARD** - Call (929) 436 2866 ID: 422 431 0552 Online: [zoom.us/j/4223410552](https://zoom.us/j/4223410552)