

Sunday Closed	Monday 9:00-7:00	Tuesday 9:00-4:30	Wednesday 9:00-4:30	Thursday 9:00-4:30	Friday 9:00-7:00	Saturday 10:00-5:00	
1 CLOSED	2 10:00 Current Events 11:30 Fast Fixed Foods 1:30 Crafts 3:00 Wii Games 5:00 Pool Tourney w/Rich** <b>6:00-8:00 WRAP Class*</b>	3 10-12 Cards/Wii Games <b>10:15-2:15 Picnic &amp; Games @ WeSH*</b> 1:00 Coloring Club 1:30 Drum Circle 3:00 "Chat & Snack" Monthly Member Meeting	4 10:00 Self Defense4Ladies 11:00 Chair Exercises 1:30 Rail Trail Walk 3:00 Shanghai Darts**	5 10:00 Computers w/Sam 11:00 Know Your Rights! - "Involuntary Treatment" 1:30 Ceramic Crafts w/Beth 2:00 Yoga w/Dani 3:00 Indoor/Outdoor Ladder Golf**	6 9:00 FREE <b>Pancake Brkfst*</b> 10:00 Pool w/Mike <b>10:30-1:30 Budget Shopping w/Joe-\$1*</b> 1:30 Rail Trail Walk 3:00 Board/Card Games 5:00 Cards w/Sam	7 POOL w/Tama 1:00 PM Wii Games w/Rich 3:00 PM	
8 CLOSED	9 <b>COLUMBUS DAY</b>  <b>Drop-In CLOSED</b> <b>6:00-8:00 WRAP Class*</b>	10 10:00 Board/Card Games 11:00 Wii Games 1:00 Journaling 1:30 Drum Circle 3:00 Wii Bowl Hundred Pin Tourney**	11 10:00 Self Defense4Men 11:00 "Hearing Voices Network" Info Session 1:30 Mall Walk 3:00 Wii Bowl Spin Control Tourney**	12 10:00 Computers w/Sam 11:00 Chair Exercises 1:30 Ceramic Crafts w/Beth 2:00 Resistance Bands 3:00 Indoor/Outdoor Ladder Golf**	13 10:00 Pool w/Danielle 11:00 Coloring Club 1:30 Movie & Popcorn 3:00 Board/Card Games 5:00 Wii Games w/Joe**	14 SCRABBLE w/Tama 1:00 PM CRAFT w/Beth 3:00 PM	
15 CLOSED	16 10:00 Current Events 11:30 Fast Fixed Foods 1:30 Crafts 3:00 Wii Games 5:00 Cards w/Sam <b>6:00-8:00 WRAP Class*</b>	17 10:00 Board/Card Games 11:00 Wii Games 1:30 Drum Circle 3:00 Corn Hole Toss**	18 10:00 Self Defense4Ladies 11:00 Chair Exercises 1:30 Rail Trail Walk 3:00 Shanghai Darts**	19 <b>10-2 Fall Foliage Drive &amp; Picnic @ Sweet Arrow -\$5*</b> 10:00 Card/Board Games 11:00 Resistance Bands 1:30 Ceramic Crafts 3:00 Nerf™ Volleyball**	20 10:00 Pool w/Mike 11:00 Volunteer Cleaning- <b>FREE lunch for volunteers</b> 1:30 Rail Trail Walk 5:00 Wii Bowl Tourney w/Sam**	21 LUNCH—\$3 w/Joe* 1:00 PM Pool Tourney w/Rich** 3:00 PM	
22 CLOSED	23 <b>9-1:30 Trout Fishing &amp; Streamside Lunch-\$15*</b> 12:30 Baking w/Joe 1:30 Crafts 3:00 Wii Games 5:00 Pool w/Rich <b>6:00-8:00 WRAP Class*</b>	24 10:00 Board/Card Games 11:00 Wii Games 1:00 Journaling 1:30 Drum Circle 3:00 Indoor/Outdoor Ladder Golf**	25 10:00 Self Defense4Men 11:00 "Hearing Voices Network" Info Session 1:30 Rail Trail Walk 3:00 Wii 4 Hole Golf Tourney**	26 10:00 Computers w/Sam 11:00 Know Your Rights! - "Self Advocacy" <b>12:30 CSP Meeting @ Salem Lutheran</b> 1:30 Crafts w/Beth 3:00 Shanghai Darts**	27 10:00 Pool w/Tony 11:00 Coloring Club 1:30 Movie & Popcorn 3:00 Board Games 5:00 DINNER -\$4 w/Joe*	28 BINGO w/Rich 1:00 PM RUMMY TOURNEY w/Tama** 3:00 PM	
29 CLOSED	30 10:00 Current Events 11:30 Fast Fixed Foods 1:30 Crafts 3:00 Wii Games 5:00 Wii Games w/Joe <b>6:00-8:00 Final WRAP Class*</b>	31 10:00 Coloring Club 1:00 Coloring Club 1:30 Drum Circle 3:00 BINGO	<p>* = <i>Must be paid and/or signed-up in advance!</i></p> <p>** = <i>Win Halcyon Cash Certificates!</i></p>				 <p><b>Remember: Halcyon Cash</b> may not be sold or transferred and it must be used within 60 days of issue.</p> 

For the past two-and-one-half years, Lebanon's *Hearing Voices Network (HVN) Support Group* grew from a collaborative effort by Lebanon County's Community Support Program (CSP) Committee, the Central Region CSP, the Recovery Opportunity Center, Philhaven, and community volunteers. The support group embraces an alternative approach to coping with voices, visions, and other extreme states that is empowering and does not start from the assumption of chronic illness or brain disease. The support group is held every Saturday from 10 – 11:00 AM in the 1<sup>st</sup>-floor conference room at Halcyon Activity Center, 728 Walnut Street, Lebanon, PA 17042.



Lebanon's HVN Support Group is facilitated and led by people with lived experience.

- The group conducts itself with rules of confidentiality.
- It's a self-help group and not a clinical group offering treatment. Members are not subject to referral, discharge or risk assessment.
- The HVN Support Group focuses primarily on sharing experiences, support and empathy.
- Members are able to come and go as they want without repercussions.
- Members are aware of the facilitator's limits concerning confidentiality.

A large body of scientific literature provides evidence for key aspects of this approach, and the hundreds of peer-lead support groups in 30 countries on 5 continents are enabling voice hearers – even those who have been chronically disabled – to learn to cope more effectively or to rid themselves of the negative effects of their voices.

For more information about the Lebanon HVN Support Group contact:

Dan Reese, Lebanon HVN Support Group Facilitator  
717-644-0353

For information about other locations and meeting times please visit: [www.hearingvoicesusa.org](http://www.hearingvoicesusa.org)