



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
Sept 30 CLOSED	1 10:00 Current Events 11:30 Fast Fixed Foods 1:30 Crafts 3:00 Wii Games 5:00 Skip-Bo Tourney w/Rich**	2 10:00 Cards/Wii Games 11:00 Coloring Club 1:30 Drum Circle 3:00 "Chat & Snack" Monthly Member Meeting	3 10:00 Self Defense4Ladies 11:00 Chair Exercises 1:30 Rail Trail Walk 3:00 Shanghai Darts**	4 10:00 Computers w/Sam 11:30 Know Your Rights! - Free Lunch & Learn w/DRP* 1:30 Ceramic Crafts 2:00 Yoga w/Dani 3:00 Indoor/Outdoor Ladder Golf**	5 9:00 FREE Pancake & Sausage Breakfast* 10:00 Pool w/Mike 1:30 Rail Trail Walk 3:00 Board/Card Games 5:00 Wii Bowl w/Sam**	6 PING-PONG w/Tama 1:00 PM Wii Games w/Rich 3:00 PM
7 CLOSED	8 COLUMBUS DAY  Drop-In CLOSED	9 10:00 Board/Card Games 11:00 Journaling 1:30 Drum Circle 3:00 Wii Bowl Hundred Pin Tourney**	10 10:00 Self Defense4Men 11:00 "Hearing Voices Network" Info Session 1:30 Mall Walk 3:00 Wii Bowl Spin Control Tourney**	11 10:00 Card/Board Games 10:30-1:30 Budget Shopping w/Joe-\$2* 11:00 Chair Exercises 1:30 Crafts 3:00 Indoor/Outdoor Ladder Golf**	12 10:00 Pool w/Danielle 11:00 Coloring Club 11a-3p BBQ in Manheim/ Hike to ChiquesRock-\$5* 1:30 Movie & Popcorn 3:00 Board/Card Games 5:00 Bead Crafts w/Rich	13 BINGO w/Rich 1:00 PM RUMMY w/Tama 3:00 PM
14 CLOSED	15 10:00 Current Events 11:30 Fast Fixed Foods 1:30 Crafts 3:00 Wii Games 5:00 GAMES w/Sam	16 10:00 Cards/Wii Games 11:00 Coloring Club 1:30 Drum Circle 3:00 Corn Hole Toss**	17 10:00 Self Defense4Ladies 11:00 Chair Yoga 1:30 Rail Trail Walk 3:00 Shanghai Darts**	18 10:00 Computers w/Sam 10-2:30 Fall Foliage Drive/ Picnic Sweet Arrow Lake-\$2* 11:00 Resistance Bands 1:30 Ceramic Crafts 3:00 Toss Across**	19 10:00 Pool w/Mike 11:00 Volunteer Cleaning- FREE lunch for volunteers 1:30 Rail Trail Walk 5:00 Ping-Pong Tourney w/Sam**	20 Pool Tourney** w/Tama 1:00 PM GAMES w/Sam 3:00 PM
21 CLOSED	22 9-1:30 Trout Fishing & Streamside Lunch-\$10* 10:00 Current Events 11:30 Baking w/Joe 1:30 Crafts 3:00 Wii Games 5:00 POOL w/Rich	23 10:00 Board/Card Games 11:00 Journaling 1:30 Drum Circle 3:00 Movie Trivia**	24 10:00 Self Defense4Men 11:00 "Hearing Voices Network" Info Session 1:30 Mall Walk 3:00 Wii Six Hole Golf Tourney**	25 10:00 Card/Board Games 11:00 Chair Exercises 12:30-2:00 CSP Meeting @ Olde Salem Lutheran 1:30 Bead Crafts 3:00 Shanghai Darts**	26 10:00 Pool w/Tony 11:00 Coloring Club 1:30 Movie & Popcorn 3:00 Board Games 5:00 GAMES w/Shelly	27 BAKING w/Joe 1:00 PM CARDS w/Tama 3:00 PM
28 CLOSED	29 10:00 Current Events 11:30 Fast Fixed Foods 1:30 Crafts 3:00 Wii Games 5:00 CRAFT w/Shelly	30 10:00 Cards/Wii Games 11:00 Coloring Club 1:30 Drum Circle 3:00 BINGO	31 10:00 Self-Defense4Ladies 11:00 Chair Exercises 1:30 Rail Trail Walk 3:00 Ping-Pong**	Lunch & Learn with Disability Rights PA on Thursday, October 4th features Sol Vazquez-Otero, Senior Advocate for the Protection and Advocacy for Individuals with mental illness, followed by a FREE buffet lunch at Infinito's Pizza!	* = Must be paid and/or signed-up in advance. ** = Win Halcyon Cash Certificates! <i>Remember: Halcyon Cash may not be sold or transferred and it must be used within 60 days of issue.</i>	Don't forget to use your Halcyon Cash! 

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 1st-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