

# PRACTICAL TOOLS FOR WELLNESS

An afternoon of **Information**, **Art** and Entertainment  
on the experience of hearing voices

**Hearing Voices Network Aotearoa NZ Inc**

*Te Reo Orooro*

Providing support and information for hearing voices, visions,  
tactile sensations and other sensory experiences



**The Hearing Voices Network** encourages voice hearers to explore all the areas of their lives and experiences in their approach to obtaining wellness. On this afternoon we will include: advice from those who have made the journey already, a holistic guide to a balanced healthy lifestyle and a wonderful and entertaining collection of creative expression and music to enable us to explore the experience further...

Our line up includes:

- **ARANA PEARSON** from Keepwell NZ- a musician, writer and voice hearer experienced in delivering recovery based training solutions. Arana will speak on:  
“ Is Hearing Voices a spiritual experience or a symptom of mental illness?”
- **TOI ORA POETS-** will enlighten us with their prose.
- **DEBRA LAMPSHIRE** Voice Hearer, Lecturer and Trainer for Auckland University and ADHB based on her own recovery experiences, will speak on:  
“ Working with the voices”
- **TOI ORA PERFORMING ARTS GROUP-** will perform a piece they have devised about hearing voices.
- **KAREN MEES** From Phytomed Medicinal Herbs, a Naturopath and tutor trained in NLP will speak on holistic health:  
“Nutrition, Neuro Linguistic Programming and balance in your life style.”
- **MUSICIANS -TOI ORA SINGER SONGWRITER-** Trimz Roimata  
And I’a Isara

**Afternoon Tea, refreshments and interesting conversations will be provided.**

**WHEN:** Saturday June 28<sup>th</sup> 2008 from 1.00 to 4.00pm

**WHERE:** The Air Scout Hall, 91 Moa Road Point Chevalier Auckland.

**WHO:** All welcome, especially those that hear voices, friends and families, and carers, and anyone interested in supporting our network.

**COST:** If you would like to make a donation it will be gratefully accepted; or show your support for our work by becoming a member it is only \$10 for unwaged \$20 for waged.

To book your space so we can allow for catering, or to receive more detailed information and programme please email [hearingvoices@woosh.co.nz](mailto:hearingvoices@woosh.co.nz) or call/text Adrienne on 0211024151

This event is kindly funded by **THE WESTERN BAYS COMMUNITY BOARD**

Hearing Voices Aotearoa NZ –are an independent society affiliated with the International Hearing Voices Networks [www.intervoiceonline.org](http://www.intervoiceonline.org)