



HEARING VOICES DONEGAL

The group aims to offer a safe place for people to feel accepted and comfortable sharing their experiences of voices, visions, tactile sensations and other unusual experiences and perceptions. People will meet together to help and support each other, to exchange information, and to learn from one another. It will also offer an opportunity for people to accept and “live with voices” in a way that enables them to regain some control over their lives. For further information, please contact Ursula 0879053747.

Regional Cultural Centre, Port Road, Letterkenny
11.30am – 1pm. Meeting 1st and
4th Thursday of every month



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IRELAND