

Holistic Mental Health Group Second Mondays Monthly

**6-730 pm
Downtown Chapel
601 W Burnside St**

**Join Naturopathic Physicians
Dr. Elissa Mendenhall and Dr. Krista Tricarico
for group discussions on alternative approaches to
mental health and wellness.**

**Inclusive, non-judgmental, pro-diversity: people taking medica-
tion, not taking medication, and exploring options welcome.**

**People who hear voices, have unusual beliefs, visions or
altered and extreme states of consciousness are welcome,
including people diagnosed with bipolar, schizophrenia, mania,
psychosis, and other psychiatric labels.**

**Donation appreciated, no one turned away for lack of funds.
Holistic Mental Health groups are held Second Mondays**

**For information contact: portlandhearingvoices@gmail.com
www.portandhearingvoices.net 413.210.2803**

embrace *ɹɹuəu* diversity
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