The Counseling Service of Addison County, Inc.

People Helping People

May is Mental Health Month

Public Event Series: New Perspectives for Understanding Experiences of Mental Health Conditions - A Global View

"Community Belonging and Support of Recovery from Sopó Colombia to Addison County" -

Thursday, May 5, 6 p.m. at CSAC's 109 Catamount Park conference room. ***Dr. Alberto Fergusson of Bogota, Colombia*** will share the inspiring story of his highly innovative and internationally recognized community work with people in Colombia who are homeless and coping with major mental health challenges. Fergusson's work began with the creation of a separate therapeutic community and resulted in the nearby town of **Sopó** becoming a "therapeutic town". A discussion will follow the talk on the many ways communities in Addison county have carried values of acceptance and inclusion of further possibilities as inspired by the story of **Sopó** .

"Exploring Hearing Voices and Alternate Realities" – A public talk by Rufus May from the UK, and Elisabeth Svanholmer of Denmark.
Thursday, May 19 6:30 p.m. to 8 p.m. at the Champlain Valley Unitarian Universalist Society, 2 Duane Court, Middlebury VT. Rufus May is a psychologist who has facilitated hearing voices groups for 13 years. Elisabeth Svanhalmer hears voices and has been a Danish Hearing Voices Network trainer and organizer since 2006. They will discuss the evolution of an accepting approach to voice hearing and other unusual experiences drawn from their personal recoveries and experiences with self-help groups and other settings to illustrate what an emancipatory approach might look like.

The above events are free and open to all.

lease call Sandy Smith at (802)388-6751 for more information