



Self-Support Meetings of Hope

For people who hear, see, sense and feel unusual, spiritual or extreme experiences.

Extending a warm welcome from our closed-meeting to new self-identifying members.

Alternative Perceptions (AP) meetings are anonymous self-directed, self-designed social environments that strive to promote: Self-empowerment, interdependence, relief from isolation, making friendships, mutual support and a realistic perspective of members as experts by personal experience.

Weekly meetings include:

- **Group Related Literature** - Sharing coping skills, setting personal goals, relating to others, acceptance.
- **Member-Facilitators** - We self-empower leaderships skills with open options to facilitate our meetings.
- **Speaker Meetings** - Members share personal lived experiences, successes and life enhancing strategies.
- **Creative Expression** - Members bring creative music, art, poetry, favorite quotes, readings and more....

Some lived benefits of attending Alternative Perceptions meetings:

- I realize I do not have to hide myself because of my alternative perceptions and feelings.
- I realize I can react positively, that I have my own opinion and my own power.
- I realize that I can relate with others; connecting with people with similar human perceptions and feelings.
- I have met others who take an interest in my experiences and me as a person.
- I have met people who accept my perceptions, impressions and perspectives as real to me.
- I am actively interested in the experiences of others.

We've been there! We dare to care about you.

ALTERNATIVE PERCEPTIONS

Every Thursday at 3:30 - 4:30 pm

Five Points Coffee (second floor) - 47 Long Lane, Upper Darby, PA 19082

(Septa Bus Route 109 & 107)



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Alternative Perceptions encourages its self-designated members to work closely with our support teams.

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