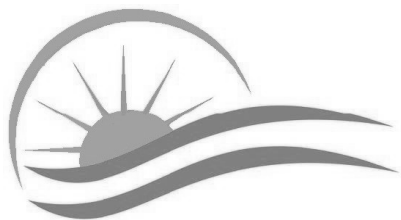


Welcome!



We have 3 types of groups...

Main Group (every week):

Mondays & Thursdays - 7:00 to 8:50 pm
Wednesdays - 11:00 am to 12:50 pm

Men's and Women's Separate Groups:

1st Monday - 7:00 to 8:50 pm

Young Adults' Group (ages 19 - 35):

2nd Monday - 7:00 to 8:50 pm

Supportive family and friends are welcome to attend the main group as well.

We also enjoy activities such as picnics, social nights, holiday dinners, and guest speakers.

Location of all meetings:

Holy Trinity Lutheran Church
201 N. Warwick Road
Magnolia, New Jersey 08049
(near corner of Warwick & Evesham)

For more information:

We are happy to answer questions or provide more info!

1-877-313-5050 (9am to 10pm)

NewBeginningsNJ@gmail.com

www.NBgroup.org

facebook.com/NBpeersupport

Location of all meetings:

Holy Trinity Lutheran Church
201 N. Warwick Road
Magnolia, New Jersey 08049
(near corner of Warwick & Evesham)

*Please use the narrow driveway to access the parking lot behind the church. Enter the building through the red double doors by this rear lot.

*****New Beginnings is not equipped to help someone in immediate crisis.*****

If you have an emergency or feel like hurting yourself or others, do one of the following NOW:

- Call 911.
- Go to the emergency room.
- Call one of these hotlines:

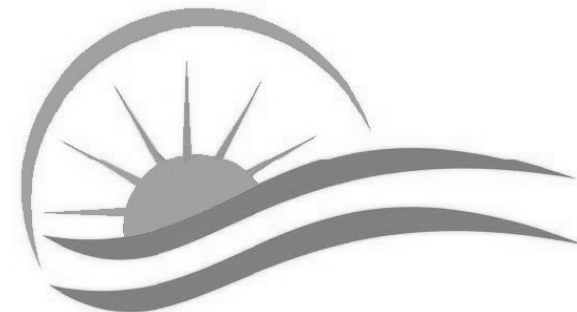
CONTACT Crisis Line:

1-877-266-8222

National Suicide Prevention Lifeline:

1-800-273-TALK

New Beginnings



Supporting peers with mood disorders since 1987

If you experience symptoms of depression, anxiety, bipolar, or related mood disorders, we invite you to our free, all-peer support group.

Come and share support and coping strategies with others like you!

Mondays & Thursdays - 7:00 to 8:50 pm
Wednesdays - 11:00 am to 12:50 pm

Holy Trinity Lutheran Church
201 N. Warwick Road
Magnolia, New Jersey 08049
(near corner of Warwick & Evesham)

1-877-313-5050

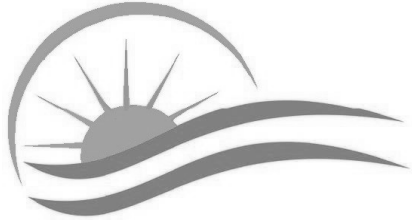
NewBeginningsNJ@gmail.com

www.NBgroup.org

facebook.com/NBpeersupport

New Beginnings' **Mission Statement:**

Our mission is to support one another as we empower ourselves to live successfully with mood disorders.



Guiding Principles:

1. We encourage each other to be personally accountable for our health and our actions.
2. We provide support and encouragement in a relaxed, friendly, and confidential group environment.
3. We believe that attending support groups can be an important part of maintaining wellness.
4. We do not provide professional advice; we encourage you to seek such help.
5. Sharing our personal experiences is the primary way in which we empower each other.
6. We don't pretend to have all the answers, but we will try to help you find new directions.

Group Guidelines:

1. **Confidentiality:** What is said in group STAYS in group. We respect privacy.
2. **Safety:** Observe boundaries and respect others with language and actions. See a facilitator if you have any concerns.
3. **Medicine & Doctors:** We DO NOT prescribe, diagnose, or give advice. Advice only comes from "professional" care givers. We do not name medications.
4. **Participation:** You have the right to pass. Participation is voluntary.
5. **Unrelated Activities:** No cell phones, texting, or food during group. Cell phone must be on vibrate.
6. **Listening:** Listen to others without interrupting. Raise your hand to respond. One person speaks at a time.
7. **"I" Statements:** Use "I" statements and share from your own positive experiences, insights, and coping skills.
8. **Judgment:** We do not judge or criticize each other.
9. **Sharing:** Our time is limited, and we start and stop on time. We need to give equal opportunity, for sharing as well as feedback, to all group members.
10. **Call List:** The list is confidential and for use by members only. Participation is voluntary.
11. **Accountability:** We are responsible for ourselves, our actions, and our wellness.

You are not alone...

A mood disorder is a real health issue. It is not a weakness or character flaw, and we can't just "snap out of it". It takes strength and courage to seek help.

At a support group, you can share with others who have had similar experiences. You are welcome to hang out with us!



More About New Beginnings:

- We strive to successfully manage our disorders and live well.
- We share positive support, encouragement, and coping strategies in a safe, confidential environment.
- All meetings are free.
- All meetings start and end on time.
- Everyone present must be at least 19 years old.
- Participation is voluntary.
- We offer peer support, not therapy or education.
- The facilitators are peers from the group.
- We are not professionals, nor is our group a substitute for professional treatment.
- We maintain a positive environment. We want to feel better when we leave than we did when we arrived!