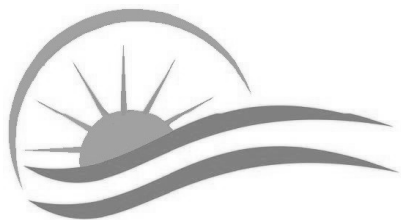


Welcome!



We meet 3 times a week...

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 every month - 7:00 to 8:50 pm

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

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)

1-877-313-5050
NewBeginningsNJ@gmail.com
www.NBgroup.org
facebook.com/NBpeersupport

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](https://www.facebook.com/NBpeersupport)

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***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:

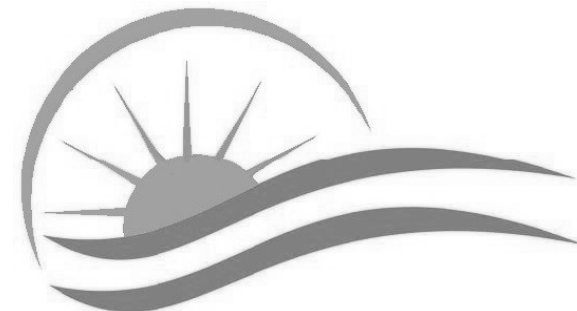
- Call 911
- Go to the emergency room
- Call one of these hotlines:
CONTACT Crisis Line:

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!

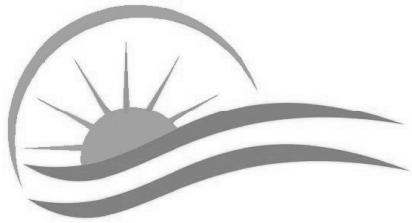
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New Beginnings' **Mission Statement:**

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



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 at New Beginnings. We can help one another achieve and maintain wellness.

1-877-313-5050

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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.



More About Us:

- 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.
- All 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 group than we did when we arrived!