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)

*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:
  - NJ Hopeline: 1-855-654-6735
  - National Suicide Prevention Lifeline: 1-800-273-TALK (1-800-273-8255)

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

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.

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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. 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!