

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 of any kind.
4. **Participation:** You have the right to pass. Participation is voluntary.
5. **Unrelated Activities:** No cell phones, texting, or food during group. Cell phones 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.

Announcements

Phone List

If you would like to be on the list, or need to update your contact information, please write your info on the sign-up sheet. Participation is voluntary. The list is confidential and for use by members only.

Group Starts and Ends on Time

Regular Meetings

- Monday & Thursday Nights 7:00 pm - 8:50 pm
- Wednesdays 11:00 am - 12:50 pm

Special Group Night

- Women's & Men's Separate Groups - 1st Monday Night of every month

Every meeting has a 10-minute break (7:50 pm - 8:00 pm; 11:50 am -12:00 noon)

We also enjoy activities such as a picnic, holiday party, and other regular social events.

Our Group Is Not Equipped to Handle a 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, or call a crisis hotline.

Meeting Cancellations

We might cancel a meeting for extreme weather, including excessive heat and winter storms. If the National Weather Service issues any extreme weather warning, it is likely that group is canceled. We also may cancel on major holidays. To find out if a meeting is canceled, please check our website (NBgroup.org) or Facebook page (facebook.com/NBpeersupport), or call a facilitator.

Other Groups

For a list of other support groups (of any kind), contact the NJ Self-Help Group Clearinghouse at 1-800-367-6274 or www.njgroups.org.

All donations are appreciated!

We are a self-supporting, all-volunteer, non-profit peer support group.

Meetings are free, but we depend on donations to fund social events and meet monthly expenses.

Thank you for your support!

Also, donations of any non-perishable food items to the Church Pantry are greatly appreciated! These may be left on the kitchen table. We and the Church thank you!

CONFIDENTIALITY

SAFETY

RESPONSIBILITY