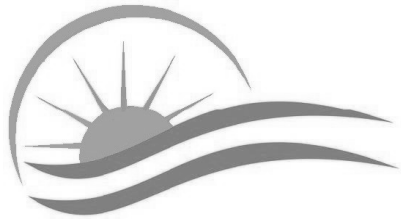


# Welcome!



## We have a new schedule:

Tuesdays (in person) - 7:00 to 8:50 pm

Wednesdays (in person) - 11:00 am  
to 12:50 pm

Thursdays (online) - 7:00 to 8:50 pm

*(Contact us for online meeting info.)*

### In-person Location

Holy Trinity Lutheran Church

201 N. Warwick Road

Magnolia, New Jersey 08049

*(near corner of Warwick & Evesham)*

Supportive family and friends are  
welcome to attend.

We also enjoy activities such as  
picnics and holiday dinners.

Call or text: (609) 471-0676

NewBeginningsNJ@gmail.com

NBgroup.org

facebook.com/NBpeersupport

## For more information:

We are happy to answer questions!

Call or text: (609) 471-0676

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### In-person Location

Holy Trinity Lutheran Church

201 N. Warwick Road

Magnolia, New Jersey 08049

*(near corner of Warwick & Evesham)*

*(Contact us for online meeting info.)*

*\*Our meeting room is at the front of  
the church, facing Warwick Rd.*

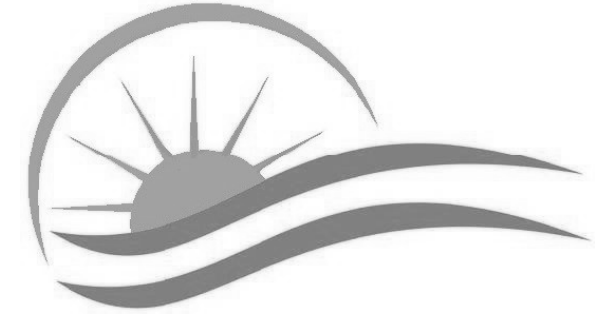
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*\*\*\*New Beginnings is not equipped to  
help someone in immediate crisis.\*\*\**

*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:  
988 Suicide & Crisis Lifeline  
988 (call or text)  
NJ Hopeline  
1-855-654-6735

## 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 peer support group.*

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

Tuesdays (in person) - 7:00 to 8:50 pm

Wednesdays (in person) - 11:00 am  
to 12:50 pm

Thursdays (online) - 7:00 to 8:50 pm

Call or text: (609) 471-0676

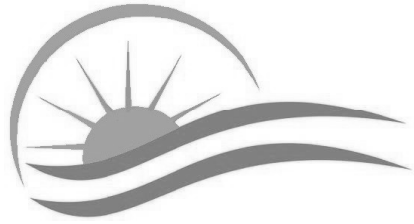
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## **New Beginnings** **Mission Statement**

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 to be a part of our group. We can help one another achieve and maintain wellness.

## **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 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 a meeting than we did when we arrived!

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**NBgroup.org**  
**facebook.com/NBpeersupport**