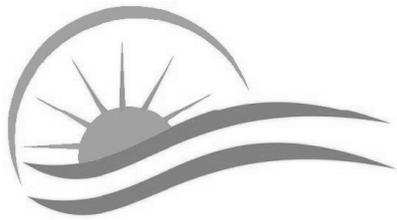


Welcome!



We have a new schedule:

Tuesdays (online): 7:00 - 9:00 pm

Wednesdays (in person): 11:00 am -
1:00 pm

Thursdays (in person): 7:00 - 9:00 pm

Meetings often end early, but never late.

In-person Location

First Presbyterian Church of
Somerdale

142 W. Somerdale Rd.
Somerdale, NJ 08083

*Park in lot on right side of church.
(Entrance is driveway next door.)
If door is locked, text us to let you in.*

Supportive family and friends are
welcome to attend.

We also find time to relax with fun
activities throughout the year.

Call or text: (609) 471-0676
NewBeginningsNJ@gmail.com
NBgroup.org
facebook.com/NBpeersupport

For more information:

We are happy to answer questions!

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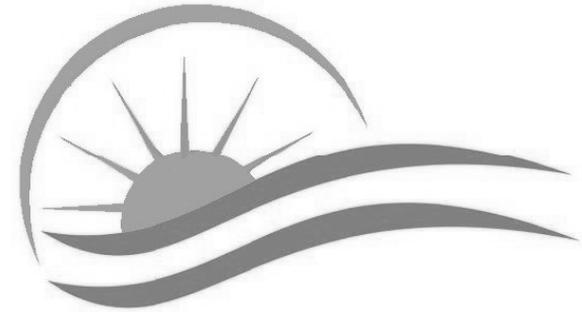
*Park in lot on right side of church.
(Entrance is driveway next door.)
If door is locked, text us to let you in.*

*****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.*

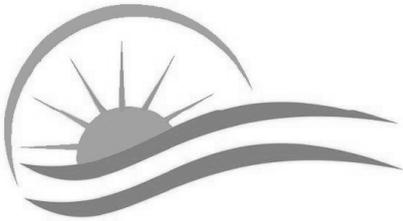
*Come and share support and coping
strategies with others like you!*

Tuesdays (online): 7:00 - 9:00 pm
Wednesdays (in person): 11:00 am -
1:00 pm
Thursdays (in person): 7:00 - 9:00 pm
Meetings often end early, but never late.

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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.

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facebook.com/NBpeersupport

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 on time. Meetings may end early, but never late.
- 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!