

New Beginnings

Community
Wellness Center

144 Madison Ave
Elizabeth, NJ
(908) 352-7830

Hours

Monday - **Closed**
 Tuesday 2pm-7pm
 Wednesday 2pm-7pm
 Thursday 2pm-7pm
 Friday 2pm-7pm
 Saturday 2pm-7pm
 Sunday - **Closed**



SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
All groups are subject to change			Passes to the YMCA available every day		Food is served each day at 4pm	Closed ¹
Closed ²	³ 2:30 TLC Presentation 3 pm Change 5pm Mending a Broken Heart	⁴ 2:30 Employ Ability w/Carolyn Bazan 5 pm Poetry	⁵ 2:30 Resilience 4:30 Recovery Group w/ Ellen Egan	⁶ 3 pm Understanding Suicide 4:45 Hearing Voices Group	⁷ 3pm Anger Management 5pm Video and Discussion	Closed ⁸
Closed ⁹	¹⁰ 3 pm Learning to Let Go of Past Hurts 5 pm Combatting The Loneliness of Mental Illness	¹¹ 2:30 Mistakes to Avoid in Your Recovery from Depression 5 pm Men's Group	¹² 2:30 How To Forgive Yourself: The Road to Self-Acceptance 4:30 Recovery Group w/ Ellen Egan	¹³ 2:30 Managing Traumatic Stress 5 pm Improving Self Esteem	¹⁴ 3 pm Improving Mental Health 5 pm Boundaries	Closed ¹⁵
Closed ¹⁶	¹⁷ 3 pm Understanding Bipolar Disorder 5 pm Tips for Connecting with Others	¹⁸ 2:30 Employ Ability w/Carolyn Bazan 5 pm 10 Ways to Support Someone with Mental Health Challenges	¹⁹ 2:30 Are You A Toxic Person? 4:30 Recovery Group w/ Ellen Egan	²⁰ 2:30 My Recovery Story 4:30 Strength: Physical vs. Emotional	²¹ 3pm Movie 5pm Emotional Wellness	Closed ²²
Closed ²³	²⁴ 3pm Signs of a Toxic Relationship 4pm RWJ Tobacco Recovery Group 5:30 Procrastination	²⁵ 3pm Health Benefits of Exercise 5pm Irritability and Anger in Depression	²⁶ Closed For Fall Fest	²⁷ 2:30 Communication 5 pm 15 Ways to Spread Happiness	²⁸ 2:30 Techniques to Erase Negativity 5 pm Body Language	Closed ²⁹
Closed ³⁰	Individual	Peer	Support	Offered	Daily	Keeping Our Values Alive