



New Horizons September 2019

New Horizons Community Wellness Center is sponsored by Collaborative Support Programs of NJ (CSPNJ)

New Horizons is located at 63 South Myrtle Street, Vineland, NJ 08360

Phone: 856-696-8921
Fax: 856-696-8859

Information about New Horizons and CSPNJ can be found at CSPNJ's website: cspnj.org

New Horizons hours are 11am-4pm Monday through Friday, and 10am-2pm every other Saturday. GROW meets here Thursday evenings at 6:30pm.

New Horizons offers peer support, and individual and group activities and classes reflecting the eight dimensions of wellness:

- Emotional...Physical...
- Intellectual...Social...
- Spiritual...Environmental...
- Occupational...Financial

For more information, please call us, see our website, and stop by the center for a tour

SUN	MON	TUE	WED	THU	FRI	SAT
1 New Horizons Community Wellness Center is sponsored by Collaborative Support Programs of NJ (CSPNJ)	2 Labor Day Holiday Center is closed	3 12:30pm Business Meeting 1pm:Meditation 1:30pm Stress Management 2:30 Tealicious	4 12:30pm GROW Group 3:00pm Food Shopping	5 Labor Day Barbecue (weather permitting) 6:30pm GROW Group	6 12:30pm Healthy Choices 1:30pm Gratitude & Intention Group 2pm Multicultural Group	7
8 Phone: 856-696-8921 Fax: 856-696-8859	9 12:30pm Business Meeting 1pm Meditation 1:45pm Dance & Movement Therapy Group	10 12:30pm Hearing Voices Group 1:30pm Self Awareness 2:00Building Compassion	11 12:30pm GROW Group	12 Fat Cat Monthly Group with Lisa 1:30 Astronomy 6:30pm GROW Group	13 12:30pm Healthy Choices 1:30pm Gratitude & Intention Group 2pm Mindfulness Meditation	14
15 Information about New Horizons and CSPNJ can be found at CSPNJ's website: cspnj.org	16 12:30pm Business Meeting 1pm Meditation 1:30pm Art Therapy Group	17 12:30pm Depression Bipolar Support Group 1:30pm Emergency Preparedness	18 12:30pm GROW Group 3:00pm Food Shopping	19 Cooking Class 6:30pm GROW Group	20 12:30pm Healthy Choices 1:30pm Gratitude & Intention Group 2pm English Group	21
22 New Horizons offers peer support, and individual and group activities and classes reflecting the eight dimensions of wellness:	23 12:30pm Business Meeting 1pm Meditation 1:45 Dance & Movement Group	24 12:30pm Hearing Voices Network Group 1:30pm Poli Sci	25 12:30pm GROW Group	26 CSP FALL FEST 6:30pm GROW	27 12:30pm Healthy Choices 1:30pm Gratitude & Intention Group 2pm Book and Poetry Group	28
29 Emotional...Physical... Intellectual...Social... Spiritual...Environmental... Occupational...Financial For more information, please call us, see our website, and stop by the center for a tour	30 12:30pm Business Meeting 1pm Meditation 1:30pm Art Therapy					