

THRIFT STORE | WOMEN'S HELP CENTER

New Beginnings



New Beginnings
306 East High Street
Morris, IL 60450

NEW BEGINNINGS

THRIFT STORE HOURS

Monday thru Friday
9:00 a.m. - 4:00 p.m.

WOMEN'S HELP CENTER HOURS

Monday	10:00 a.m. - 1:00 p.m.
Tuesday	10:00 a.m. - 1:00 p.m.
Wednesday	10:00 a.m. - 4:00 p.m.
Thursday	10:00 a.m. - 1:00 p.m.
Friday	10:00 a.m. - 4:00 p.m.

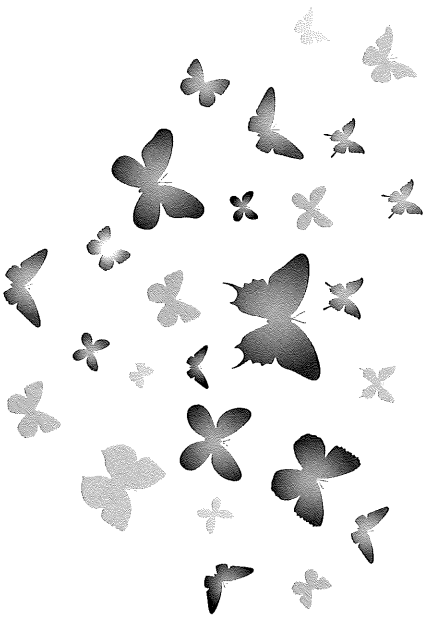
Contact Us

815-513-3964

newbeginningsmorrisil@hotmail.com

or find us on Facebook

*New Beginnings is a
501C3 Nonprofit organization*



WOMEN'S HELP CENTER

At New Beginnings, our Women's Help Center is open to any woman, 18 years and older. It is our mission to empower women through our Mentoring and Wellness Programs.

Mentoring Program

Mentoring sessions are offered on a monthly basis, or more frequently if needed. Our Mentors provide a safe, confidential environment for listening, and building trust with their Mentees. The programs are structured to provide women with life-skills and hope.

Equipping women with information and resources on topics such as:

- Building Healthy Relationships
- Budgeting
- Overcoming Fear, Anger, Worry
- Managing Health Issues
- Grief
- Dealing with Loneliness
- Effective Parenting
- Time Management
- Building Self-Esteem
- Battling Shame, Stress, Anxiety
- Goal Setting
- Basic Coping Skills
- Spiritual/ Christian Guidance

NEW BEGINNINGS THRIFT STORE

Open to the public Monday thru Friday, from 9:00 a.m. to 4:00 p.m.

We sell new and gently used items, with the proceeds going to our Women's Help Center. Because of limited space, we cannot take electronics, clothing, stuffed animals, or books, but all other items are welcomed.

Donations can be dropped off during regular business hours.

*And though your beginning
was small, your later days will
be very great. -Job 8:7*

Listening to women's life-stories and sharing our "been-there, done-that" experiences

Supporting women through prayer and encouraging words

Empowering women with God's Word to reach their full potential

Morning and afternoon appointments are available for Mentoring sessions.

Wellness Program

It is the goal of our Wellness Program to help women meet their self-care needs and those of their families. We have a small pantry at our location that makes it possible for us to offer monthly assistance with a variety of items for daily living, such as:

- Personal Self-Care Items
- Baby Products
- Paper Products
- Cleaning Supplies
- Non-Perishable Food Items

If you need assistance with any of the items listed above, or to set up a Mentoring appointment, please call New Beginnings at 815-513-3964.