

New Beginnings

New Beginnings provides a practical and scientifically supported skills training program to help veterans improve their lives and reach important life goals.

The tools provided through this program have been successfully applied by veterans and active service members who had been experiencing stressful problems in living.

New Beginnings is committed to provide effective and confidential services to veterans of all ages and is completely free of charge.

New Beginnings

Mailing address:
3141 Chestnut Street
Stratton Hall, Room 262
Drexel University
Philadelphia, PA 19104

New Beginnings

Helping veterans of all ages improve their lives and reach important goals.



If something inside you is wounded, it is just like a physical injury— you need to get help . . . that is not weak, it is strong.

—Former U.S. President

What is *New Beginnings*?

It is a practical, 5-session, skills training program that provides tools to help veterans better cope with stressful problems, prevent negative emotions from interfering with rational decision making, and adopt a sense of realistic optimism.

New Beginnings has been developed specifically for veterans and is based on decades of research and clinical experience that scientifically supports such an approach as an effective training program to help people:

- Improve cognitive functioning
- Achieve meaningful life goals
- Improve spousal/partner and family relationships
- Decrease depression and anxiety
- Reduce stress
- Decrease suicidality

New Beginnings is free to all U.S. veterans, National Guard, & Reservists

This is not a research program. Everything is confidential, including one's basic participation.

What will happen when I call about this program?

We will answer all questions and if so desired, make an initial appointment with a *New Beginnings* provider.

To help us better understand whom you are, your strengths and limitations, we will request that you complete a series of questionnaires prior to starting the program.

The weekly individual meetings takes place on the Drexel University campus in University City.

Call us today and just say "I am a veteran and am interested in learning more about the free *New Beginnings* program."

Administrative Staff

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Contact Us

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(Note: physical address of Stratton Hall is 3201 Chestnut Street)