

# Activities for Everyone at the Journey Family Success Center at Project Self-Sufficiency

September – October 2025

## Health & Wellness

### Motivation Monday – [Online](#)

Discuss finances, emotions, loneliness, stress, anxiety, and more.

**Mondays, 2:00 p.m.**

September 8, 15, 22, 29; October 6, 20, 27

### Health Equity – [Online](#)

Discuss the impact of socio-economic factors on healthcare disparities and learn how to advocate for better access.

**Thursdays, 3:00 p.m.**

September 11 & October 9

## Adverse Childhood Experiences

### Enough Abuse – [Online](#)

Learn to recognize and prevent child sexual abuse and discuss safe practices for potential victims.

**Wednesdays, 3:00 p.m.**

September 24 & October 22

### Understanding ACEs – [Online](#)

Learn how adversity affects health and well-being across the lifespan.

**Thursday, 2:00 p.m.**

September 25

### Connections Matter – [Online](#)

Discuss the impact of childhood trauma on mental and physical development and address methods for building compassionate, resilient communities.

**English: October 14, 2:00 p.m.**

**Spanish: October 15, 2:00 p.m.**

## Career Help

### Workforce Wednesday – [Online](#)

Get help with job searching, resumes, cover letters, interview skills, workplace expectations, and more.

**Wednesdays, 1:00 p.m.**

September 3, 10, 17, 24; October 1, 8, 15, 22, 29

### Career Fair & Health Fair – [In Person](#)

Meet area employers, get feedback on resumes and interview skills, and boost health and wellness.

**Wednesday, October 22, 10:00 a.m.**

## Parenting Classes

### Workshops – [In Person & Online](#)

**Power of Positive Parenting, September 2, 5:00 p.m.**

**Raising Resilient Children, September 9, 5:00 p.m.**

**Raising Confident, Competent Children, September 16, 5:00 p.m.**

### Positive Parenting Course – [In Person & Online](#)

**Thursdays, September 4, 11, 18, 25**

### 24:7 Dad – [In Person & Online](#)

**Tuesdays & Thursdays, 6:00 p.m.**

October 7, 9, 14, 16, 21, 23, 28, 30

## Support Groups

### Women's Support Group – [Online](#)

Get tips on coping, time management, and meeting common challenges.

**Mondays, 7:00 p.m.**

September 8, 22; October 6, 20

### Breast Cancer Support Group – [Online](#)

Explore coping strategies and gain insights in a supportive setting.

**Tuesdays, 2:00 p.m.**

September 9 & October 14

### Fathers' Support Group – [In Person](#)

Dads need help, too! Discuss challenges and coping strategies with others.

**Tuesdays, 6:00 p.m.**

September 2, 9, 16, 23, 30; October 7, 14, 21, 28

### Parents' Support Group – [Online](#)

Get advice, share frustrations and success stories with other parents.

**Wednesdays, 7:00 p.m.**

September 10, 24; October 8, 22

## Help for Parents

### Parent Advisory Council – [In Person & Online](#)

Join other parents to identify community needs and collaborate on upcoming events.

**Tuesdays, 5:00 p.m.**

September 23 & October 14

### Ages & Stages Information Session – [Online](#)

Discuss developmental milestones for young children and learn how to access an online tool to connect with resources for support.

**Thursdays, 3:00 p.m.**

September 18 & October 16

## Special Events

### Family Fun Nights – [In Person](#)

Little Sprouts Early Learning Center students and families can enjoy games, crafts, and fun activities.

**Wednesdays, 5:30 p.m.**

September 24 & October 22

### Pregnancy & Infancy Summit – [In Person](#)

Get up-to-date information for healthy pregnancy, learn about child development, parenting, and more.

**Saturday, 10:00 a.m.**

November 15

### Baby Beginnings – [In Person](#)

Educational workshops, guest speakers, free baby items, prizes, and giveaways.

**Thursdays, 1:00 p.m.**

September 18 & October 16

## Call 973-940-3500 to Register!

**Journey Family Success Center @ Project Self-Sufficiency**

[www.journeyfsc.org](http://www.journeyfsc.org) - 973-940-3500

