

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

March – April 2026

Health & Wellness

Motivation Monday – Online

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

Mondays, 2:00 p.m.

March 2, 9, 16, 23, 30; April 6, 13, 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.

March 12, April 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.

March 18, April 15

Understanding ACEs – Online

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

Wednesday, 3:00 p.m.

March 25

Connections Matter – Online

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

English: April 21, 2:00 p.m.

Spanish: April 22, 2:00 p.m.

Career Help

Career & Health Fair – In Person

Learn about job openings, get help with interviews and resumes, and receive health screenings, and tips for health and wellness.

Wednesday, April 15, 10:00 a.m.

Career Chat – Online

Identify career goals, discuss the job application process, get help with job searching, interviews, and more.

Mondays, 7:00 p.m.

March 9, 23; April 13, 27

Workforce Wednesday – Online

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

Wednesdays, 1:00 p.m.

March 4, 11, 18, 25; April 1, 8, 22, 29

Call 973-940-3500 to Register!

Support Groups

Breast Cancer Support Group – Online

Explore coping strategies and gain insights in a supportive setting.

Tuesdays, 2:00 p.m.

March 10, April 14

Parents' Support Group – Online

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

Wednesdays, 7:00 p.m.

March 4, 18; April 1, 15, 29

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.

March 10, April 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.

March 19, April 16

Pregnancy & Infancy Summit – In Person

Professional photos, expert advice from pediatrician Chris Canzoniero, and up-to-date information about child development, parenting, and more.

Saturday, March 14, 10:00 a.m.

Baby Beginnings – In Person

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

Wednesday, April 22, 1:00 p.m.

24:7 Dad – In Person & Online

Tuesdays & Thursdays, 6:00 p.m.

April 7, 9, 14, 16, 21, 23, 28, 30; May 5, 7, 12, 14

ACT Raising Safe Kids – Online

Tuesdays, 6:00 p.m.

April 7, 14, 21, 28; May 5, 12, 19, 20

Fun for Families

Family Fun Nights – In Person

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

Wednesdays, March 25 & April 29, 5:30 p.m.

Spring Fling – In Person

Games, crafts, music, refreshments, and a special guest!

Thursday, April 2, 5:00 p.m.

Family Expo – In Person

Fun for the whole family, information about summer activities, community resources, and more.

Thursday, April 30, 4:00 p.m.



Journey Family Success Center @ Project Self-Sufficiency

www.journeyfsc.org - 973-940-3500

