

Journey Family Success Center @ Project Self-Sufficiency—127 Mill Street, Newton, NJ 07860—973-940-3500

Community Events

Breast Cancer Survivor Celebration

Breast cancer survivors came together for a festive gathering packed with up-to-date medical information and tips for health and wellness. Attendees were treated to lunch, music, and giveaways.



Summer Youth Employment

Eligible high school students fine-tuned their workplace skills, and learned how to write a resume, cover letter, and more, during the annual Summer Youth Employment Program.



Back-to-School Fair Helps Hundreds of Families



Free school supplies and backpacks were distributed to hundreds of happy families during an information-packed Back-to-School Fair. Participants also had the opportunity to access free haircuts and enjoyed numerous fun activities for children and teens.

Services for Families

Support Groups

Women's Support Group

Women are invited to share experiences and get tips on time management and meeting everyday challenges.

Parent Support Group

Parents gain insights, address frustrations, and share success stories.

Father's Support Group

Dads meet to discuss challenges and coping strategies with others.

Breast Cancer Support Group

Breast cancer survivors share their stories, discuss coping strategies, and obtain valuable information in a supportive setting.

Career Help

Workforce Wednesday

Family Success Center staff leads participants through resume-writing, interview skills, job preparation, and more.

Health & Wellness

Motivation Monday

Guest speakers address stress reduction, mindfulness, and managing complex emotions.

Health Equity

Participants discuss disparities in healthcare and learn how to advocate for themselves and their families.

Child Sexual Assault Prevention

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

Child Development Tools & Tips

Ages & Stages Information Session

Parents discuss developmental milestones for young children and learn how to access the online Ages & Stages Questionnaire to connect with resources for support.

Family Fun Nights

Families gather at the Little Sprouts Early Learning Center each month to enjoy dinner, games, fun activities, music, and crafts.



Career Development

Employment Skills Training Program for Women

Women learn computer skills and receive assistance with resume development, workplace etiquette, and interview skills during the Higher Opportunities for Women and Summer Office Skills employment skills training programs.

High School Equivalency Program

Young adults, ages 16—25, are working towards their high school diploma through the New Jersey Youth Corps at Project Self-Sufficiency. Classroom instruction is supplemented by community service projects. Students earn three college credits at the neighboring community college. Graduates move on to college, a career, or the military.

Bridges to Employing Youth

Pregnant and parenting young adults, ages 16—24, get help with parenting skills, academic and counseling support, driver's education, and training and certification in a variety of fields. Transportation and childcare are also available.

Computer Classes & Career Seminars

Family Success Center participants learn Microsoft Office applications, and attend seminars designed to enhance their employability and assist them with navigating the workplace.

Legal Advice & Education

Volunteer attorneys advise individuals in need via video chat and telephone. Virtual seminars about family law, bankruptcy, elder law, and landlord-tenant issues are held regularly.

Connections Matter & Understanding ACES

Families and educators meet to discuss the prevention of trauma and adverse childhood experiences while learning how caring connections can serve as a primary buffer in the negative effects of trauma. The interactive workshops cover intensive ACEs education and address its impact physical and neurological development. Participants walk away with tips and strategies for building resiliency. Presentations are offered online; separate workshops are available in English and in Spanish.



Help for Parents

Home Visits Help Parents of Young Children

Women who are pregnant or parenting a young child receive regular consultations from a family support worker at home or in a public place through one of the three home visitation programs offered by the Family Success Center. The visiting professionals provide support, education and counseling on health, behavioral, and self-sufficiency issues.

“Mommy Parties”

Pregnant women and mothers of young children come together to share an activity, receive valuable tips about parenting, household safety, or health and wellness at in-person gatherings on the campus or at a nearby venue.

Parenting Workshops & Discussion Groups

Workshops and discussion groups aimed at parents, caregivers, and educators help boost self-confidence, reduce stress, and teach anger management. Courses are available on site and online.

Baby Beginnings!

Pregnant women and mothers of newborns are invited to access the resources they need for success, including helpful tips about parenting, child development, safe sleeping, travel, and more. Guest speakers and prizes enhance the popular monthly events.



Coming Soon ...

- ⇒ Career & Health Fair
- ⇒ Halloween Spooktacular
- ⇒ Thanksgiving Food Basket Distribution
- ⇒ Season of Hope Holiday Toy Shop

