

Activities for the Whole Family!

May—June 2024



Journey Family Success Center @ Project Self-Sufficiency



Health & Wellness

Motivation Monday—*Virtual*

Learn how to stay positive and manage loneliness, stress, anxiety, and other complex emotions.

Mondays @ 2:00 p.m.

May 6, 13, 20; June 3, 10, 17, 24

Enough Abuse Child Sexual Assault Prevention—*Virtual*

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

Wednesdays @ 3:00 p.m.

May 22 & June 26

Health Equity—*Virtual*

Discuss how factors like socio-economic status and ethnicity can impact your health and result in healthcare disparities. Learn how to advocate for yourself and your family.

Thursdays @ 3:00 p.m.

May 16 & June 13

Connections Matter—*Virtual*

Discuss the impact of Adverse Childhood Experiences (ACEs) and trauma on mental and physical development; address methods for building compassionate, resilient communities.

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

Spanish: May 28, 2:00 p.m.

Understanding ACEs: Building Self-Healing Communities—*Virtual*

Learn how adversity affects health and well-being throughout life.

Thursday @ 2:00 p.m.

May 30

Career Help

Workforce Wednesday—*Virtual*

Get help with your job search, resume, cover letter, interview skills, workplace etiquette, & more.

Wednesdays @ 1:00 p.m.

May 1, 8, 15, 22, 29; June 5, 12, 19, 26

Special Events

Mother's Day—*In Person* Breast Cancer Survivor
Thursday, May 9 @ 4:00 p.m. Celebration—*In Person*

Father's Day—*In Person*
Thursday, June 13 @ 4:00 p.m. Saturday, June 8, 10:00 a.m.

Family Activities

Family Fun Nights—*In Person*

Enjoy dinner, games, and crafts with your kids while connecting with other families.

Thursdays @ 6:00—7:30 p.m. May 2, 16, 30; June 6, 20, 27

Help for Parents

Ages & Stages Information Session—*Virtual*

Discuss developmental milestones for your young child and learn how to access the online tool to connect with resources for support.

Thursday @ 3:00 p.m.

May 23 & June 20

Journey Family Success Center Parent Advisory Board Meetings—*In Person*

Share parenting concerns and offer feedback about upcoming events.

Mondays @ 5:00 p.m.

May 20 & June 24

Parenting Workshops—*In Person & Virtual*

Seminars @ 5:30 p.m.

Power of Positive Parenting,

May 1

Raising Resilient Children,

May 8

Raising Confident, Competent Children,

May 15

ACT Parenting Class @ 6:00 p.m.

June 18—August 6, via Zoom

Discussion Groups @ 5:30 p.m.

Hassle Free Shopping with Children,

June 5

Developing Good Bedtime Routines,

June 12

Dealing with Disobedience,

June 19

Hassle Free Mealtimes with Children,

June 26

Support Groups

Women's Support Group—*Virtual*

Share your experiences with others, discuss stress reduction tips, and more!

Mondays @ 7:00 p.m.

May 13, 20; June 10, 24

Father's Support Group—*In Person*

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

Tuesdays @ 6:00 p.m.

May 7, 14, 21, 28; June 4, 11, 18, 25

Breast Cancer Support Group—*Virtual*

Explore coping strategies and gain insights in a supportive setting.

Tuesday @ 2:00 p.m.

May 14 & June 11

Parents' Support Group—*Virtual*

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

Wednesdays @ 7:00 p.m.

May 8, 22; June 5, 19

Brilliant, Resilient You Support Group—*In Person*

For women who are moving forward after a divorce or separation.

Wednesdays @ 6:00 p.m.

May 1, 8, 15

Offered through Project Sussex Kids, the Journey Family Success Center, and the Sussex & Warren County Early Childhood Initiative with support from the NJ Department of Children & Families

Call 973-940-3500 to register or receive log-in details!

