

# Activities for the Whole Family!

Journey Family Success Center @ Project Self-Sufficiency

March—April 2024



## Health & Wellness

### Motivation Monday—*Virtual*

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

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

March 4, 11, 18, 25; April 1, 8, 15, 22, 29

### 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.**

March 20 & April 24

### 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.**

March 14 & April 11

### 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: March 19, 2:00 p.m.**

**Spanish: March 20, 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.**

March 21

## Career Help

### Workforce Wednesday—*Virtual*

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

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

March 6, 13, 20, 27; April 3, 10, 17, 24

### Career & Job Fair—*In Person*

Wednesday, April 17 @ 10 a.m.

## Special Events

### Spring Fling—*In Person*

Thursday, March 21, 6:00 p.m.

### Family Health Expo—*In Person*

Wednesday, April 24 @ 4:00 p.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.**

March 7, 14, 28; April 4, 11, 18

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

## Help for Parents

### Mommy Parties—*In Person @ Noon*

Get valuable information about parenting, enjoy fun games and crafts with your child, and meet other parents and children.

**March 14 & April 10, PSS**

**March 26 & April 23, Hackettstown**

### 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.**

**March 21 & April 18**

### Parent Advisory Board Meetings—*In Person*

Share parenting concerns and offer feedback about upcoming events.

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

**March 26 & April 23**

### Parenting Workshops—*In Person & Virtual*

<b>Power of Positive Parenting (Triple P)</b>	Project Self-Sufficiency, March 6, 5:30 p.m. Garden Grove Preschool, April 16, 5:00 p.m. Hardyston Middle School, April 17, 7:00 p.m.
<b>Raising Resilient Children (Triple P)</b>	Project Self-Sufficiency, March 13, 5:30 p.m.
<b>Raising Confident, Competent Children (Triple P)</b>	Montague Township School, March 18, 5:00 p.m. Project Self-Sufficiency, March 20, 5:30 p.m. Durban Avenue School, March 26, 6:00 p.m.
<b>Parenting Discussion Group (Triple P)</b>	Project Self-Sufficiency, April 3, 10, 17, 23, 5:30 p.m.
<b>ACT Parenting Class</b>	Tuesdays, April 9—May 28, 6:00 p.m., via Zoom

## Support Groups

### Women's Support Group—*Virtual*

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

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

**March 4, 18; April 1, 15**

### Father's Support Group—*In Person*

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

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

**March 5, 12, 19, 26; April 2, 9, 16, 23, 30**

### Breast Cancer Support Group—*Virtual*

Explore coping strategies and gain insights in a supportive setting.

**Tuesday @ 2:00 p.m.**

**March 12 & April 9**

### Parents' Support Group—*Virtual*

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

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

**March 13, 27; April 10, 17**

## Prom Shop

April 4, 8, 9, 10, 11, 3—7pm; April 5 & 12, 3—5pm

April 6 & 13, 9am—1pm

Call 973-940-3500  
for log-in links!

