

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

January – February 2026

## Health & Wellness

### Motivation Monday – *Online*

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

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

*January 5, 12, 26; February 2, 9, 23*

### 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.**

*January 8, February 12*

## 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.**

*January 21, February 18*

### Understanding ACEs – *Online*

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

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

*January 21*

### Connections Matter – *Online*

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

**English: February 17, 2:00 p.m.**

**Spanish: February 18, 2:00 p.m.**

## Career Help

### Career Chat – *Online*

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

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

*January 12, 26; February 9, 23*

### Workforce Wednesday – *Online*

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

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

*January 14, 21, 28; February 4, 11, 18, 25*

## Parenting Classes

### 24:7 Dad – *In Person & Online*

Tuesdays & Thursdays, 6:00 p.m.

*January 20, 22, 27, 29; February 3, 5, 10, 12, 17, 19, 24, 26*

### ACT Raising Safe Kids – *Online*

Tuesdays, 6:00 p.m.

*January 20, 27; February 3, 10, 17, 24; March 3, 10*

**Call 973-940-3500 to Register!**

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

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

## Support Groups

### Breast Cancer Support Group – *Online*

Explore coping strategies and gain insights in a supportive setting.

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

*January 13, February 18*

### Parents' Support Group – *Online*

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

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

*January 7, 21; February 4, 18*

## 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.**

*January 13, February 10*

### 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.**

*January 15; February 19*

## Special Events

### Baby Beginnings – *In Person*

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

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

*January 21, February 25*

### 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.**

*Coming in January and February – Stay Tuned for Dates!*

### Holiday Parties – *In Person*

Games, crafts, music, refreshments, and special guests!

**Valentine's Day Party, February 12, 5:00 p.m.**

**Spring Fling, March 26, 5:00 p.m.**

