

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

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.



Call 973-940-3500 to Register!

Journey Family Success Center @ Project Self-Sufficiency

www.journeyfsc.org - 973-940-3500

