

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

July – August 2026

Health & Wellness

Motivation Monday – Online

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

Mondays, 2:00 p.m.

July 6, 13, 20, 27; August 3, 10, 17, 24, 31

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.

July 9 & August 13

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.

July 15 & August 19

Understanding ACEs – Online

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

Wednesday, 2:00 p.m.

August 19

Connections Matter – Online

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

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

Spanish: July 22, 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.

July 13, 27; August 10, 24

Workforce Wednesday – Online

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

Wednesdays, 1:00 p.m.

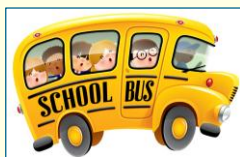
July 1, 8, 15, 22, 29; August 5, 12, 19, 26

Special Event

Back-to-School Fair – In Person

Up-to-date information about community resources, music, backpacks, school supplies, haircuts, dinner, kids' games, and more.

Thursday, August 20, 2:00 p.m.



Support Groups

Breast Cancer Support Group – Online

Explore coping strategies and gain insights in a supportive setting.

Tuesdays, 2:00 p.m.

July 7 & August 11

Parents' Support Group – Online

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

Wednesdays, 7:00 p.m.

July 15, 29; August 12, 26

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.

July 7 & August 4

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.

July 16 & August 20

Baby Beginnings – In Person

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

Wednesdays, 1:00 p.m.

July 23 & August 27

24:7 Dad – In Person & Online

Tuesdays & Thursdays, 6:00 p.m.

July 2, 7, 9, 14, 16, 21, 23, 30

ACT Raising Safe Kids – Online

Tuesdays, 6:00 p.m.

July 7, 14, 21, 28; August 4, 11

Fun for Families

Family Fun Nights – In Person

Little Sprouts Early Learning Center students and families can enjoy games, crafts, and fun activities.

Wednesdays, July 29, August 26, 5:30 p.m.



Helping
all
Families
on the
Path to
Success!

Call 973-940-3500 to Register!

Journey Family Success Center @ Project Self-Sufficiency

www.journeyfsc.org - 973-940-3500

