

Activities @ Project Self-Sufficiency

March—April 2023

Help Today. Strength Tomorrow.



Health & Wellness

Motivation Monday—Virtual

Hear from exciting guest speakers as they explore topics designed to help you stay positive and manage loneliness, stress, anxiety, and other complex emotions.

Mondays @ 2:00 p.m.

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

Health Equity—Virtual

A Community Health Worker will 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 2, 16, 30; April 13, 27

Enough Abuse Child Sexual Assault Prevention—Virtual

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

Wednesday 3:00 p.m.

March 15 & April 19

Connections Matter

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

English: April 6, 2:00 p.m.—Virtual

Spanish: April 20, 2:00 p.m.—Virtual

Understanding ACEs: Building Self-Healing Communities—Virtual

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

Thursday, March 23, 2:00 p.m.

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 1, 8, 15, 22, 29; April 5, 12, 19, 26

Special Events

Prom Shop,

Select Days & Hours, March 27—April 1

Career Fair,

Thursday, April 13, 10:00 a.m.—2:00 p.m.

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



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

Help for Parents

Mommy Parties—In Person

Join us for fun parent-child activities! Get valuable information about parenting, learn about fun games and crafts for kids, and connect with other parents and children.

Wednesdays @ Noon

March 8 & April 12

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.

Thursdays @ 3:00 p.m.

March 9, 23; April 6, 20

Support Groups

Women's Support Group—Virtual

Are you looking for other women to form a support system? Want to share your experiences with others and get tips on coping? This support group is for you!

Mondays @ 7:00 p.m.

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

Breast Cancer Support Group—Virtual

Breast cancer survivors are invited to share their stories, discuss coping strategies, and gain insights in a supportive setting.

Tuesday @ 2:00 p.m.

March 14 & April 11

Parenting Support Group with Therapist Diane Lang—Virtual

Gain insights, share frustrations and success stories with other parents.

Wednesdays @ 7:00 p.m.

March 1, 8, 15, 22, 29; April 5, 12, 19, 26

Parenting Classes—Virtual

Learn how to build positive parenting skills, prevent behavioral problems, and encourage effective anger management.

Tuesdays @ 6:00 p.m.

April 11, 18, 25; May 2, 9, 16, 23, 30