

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

November – December 2025

Health & Wellness

Motivation Monday – [Online](#)

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

Mondays, 2:00 p.m.

November 3, 10, 17, 24; December 1

Health Equity – [Online](#)

Discuss the impact of socio-economic factors on healthcare disparities and learn how to advocate for better access.

Thursday, 3:00 p.m.

November 13

Adverse Childhood Experiences

Enough Abuse – [Online](#)

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

Wednesday, 3:00 p.m.

November 13

Understanding ACEs – [Online](#)

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

Tuesday, 3:00 p.m.

November 11

Connections Matter – [Online](#)

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

English: November 18, 2:00 p.m.

Spanish: November 19, 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.

November 10, 24; December 1

Workforce Wednesday – [Online](#)

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

Wednesdays, 1:00 p.m.

November 5, 12, 19; December 3

Parenting Classes

24:7 Dad – [In Person](#) & [Online](#)

Tuesdays & Thursdays, 6:00 p.m.

November 4, 6, 11, 13

Support Groups

Breast Cancer Support Group – [Online](#)

Explore coping strategies and gain insights in a supportive setting.

Tuesdays, 2:00 p.m.

November 11; December 2

Parents' Support Group – [Online](#)

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

Wednesdays, 7:00 p.m.

November 5, 19; December 3

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.

November 11

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.

November 20

Special Events

Pregnancy & Infancy Summit – [In Person](#)

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

Saturday, 10:00 a.m.

November 15

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.

November 19 & December 17

Holiday Party – [In Person](#)

Games, crafts, music, lunch, and a visit from a Special North Pole resident!

Tuesday, 11:00 a.m., Trinity United Methodist Church, Hackettstown

December 9



**Helping
all
Families
Succeed!**

Call 973-940-3500 to Register!

Journey Family Success Center @ Project Self-Sufficiency

www.journeyfsc.org - 973-940-3500

