

# Happenings at the Journey Family Success Center

November 2025

# **Family Fun**

#### Halloween Spooktacular

Parents and children enjoyed spooky games, ghoulish music, creepy crafts, and a delicious dinner at the annual Halloween Spooktacular!

#### Family Fun Nights

The Journey Family Success Center hosts monthly events for families at the Little Sprouts Early Learning Center.



#### **Career Help**

## Career & Health Fair

Local employers and healthcare organizations joined forces to offer opportunities for on-the-spot job interviews, as well as flu and Covid shots, eye exams, workshops, and more at a free Career & Health Fair.

#### Career Chat

Participants are invited to identify career goals, discuss the job application process, and get help with job searching and interviews.

# Workforce Wednesday

Family Success Center staff leads participants through resume-writing, interview skills, job preparation, and more.



#### **Health & Wellness**

# Motivation Monday

Guest speakers address stress reduction, mindfulness, and managing complex emotions.

# Health Equity

Participants discuss disparities in healthcare and learn how to advocate for themselves and their families.

# Breast Cancer Support Group

Survivors gather to explore coping strategies and gain insights from others in a monthly, online support group.

# Adverse Childhood Experiences

Workshops teach participants how to recognize and prevent child abuse, discuss the impact of adversity and trauma on lifelong development, and address methods for building resilient communities.





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# **Career Development**

# Employment Skills Training Program for Women

Women learn computer skills and receive assistance with resume development, workplace etiquette, and interview skills.

# High School Equivalency Program

The New Jersey Youth Corps offers those ages 16 - 25 classroom instruction, community service projects, and the opportunity to earn three college credits at the neighboring community college. Graduates move on to college, a career, or the military.

# Bridges to Employing Youth

Pregnant and parenting young adults, ages 16—24, get help with parenting skills, academic and counseling support, driver's education, and training and certification in a variety of fields.

## Computer Classes & Career Seminars

Participants learn Microsoft Office applications, and attend seminars designed to enhance their employability and assist them with navigating the workplace.



# **Coming Up:**

- Pregnancy & Infancy Summit
- Thanksgiving Food Basket Distribution
- Season of Hope Toy Shop



# **Help for Parents**

#### Parents' Support Group

Parents get advice, discuss challenges, and share success stories during regular, online support groups.

#### Parent Advisory Council

Participants are invited to discuss community needs and collaborate on upcoming events.

#### Ages & Stages

Parents learn how to identify developmental milestones and access resources for support.

# Parenting Classes

Fathers are participating in the "24:7 Dads" course this fall.

#### Baby Beginnings

Pregnant women and parents of young children get expert advice about breastfeeding, nutrition, sleeping, relationships, household safety, and more.





