

Project Self-Sufficiency—127 Mill Street, Newton, NJ 07860—[www.journeyfsc.org](http://www.journeyfsc.org)

## Community Events

### Breast Cancer Survivor Celebration

Women who have survived breast cancer gathered to celebrate, get advice about nutrition, health, and wellness, and hear from medical experts about the latest trends in treatment and research at a festive event designed just for them.



### Project Vacation

Young children learned all about life on a farm during the Family Success Center's Project Vacation this summer! Activities, games, music, and visits from real farm animals brought joy to all.

### Back-to-School Fair Helps Hundreds

Parents gained valuable tips about navigating the new school year from educators and healthcare providers while children took part in fun activities, got free haircuts, and received new backpacks brimming with school supplies.



## Virtual Services for Families

### Support Groups

#### Women's Support Group

Women are invited to share experiences and get tips on time management and meeting everyday challenges.

#### Parent Support Group

Parents gain insights, address frustrations, and share success stories.

#### Breast Cancer Support Group

Breast cancer survivors share their stories, discuss coping strategies, and obtain valuable information in a supportive setting.

### Career Help

#### 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.

#### Child Sexual Assault Prevention

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

### Child Development Tools & Tips

#### Ages & Stages Information Session

Parents discuss developmental milestones for young children and learn how to access the online Ages & Stages Questionnaire to connect with resources for support.

## Parenting Classes and Discussion Groups

Parents, caregivers, and educators are learning how to identify parenting goals, address behavioral problems, reduce stress, and promote healthy child development by attending classes and discussion groups at the Family Success Center and in public spaces throughout the community.



## Career Help

### Employment Skills Training Program for Women

Women learn computer skills and receive assistance with resume development, workplace etiquette, and interview skills during the Higher Opportunities for Women and Summer Office Skills employment skills training programs.

### High School Equivalency Program

Young adults, ages 16—25, are working towards their high school diploma through the New Jersey Youth Corps at Project Self-Sufficiency. Classroom instruction is supplemented by community service projects, and course credits at the neighboring community college are now available. 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, as well as academic and counseling support, transportation, childcare, and training and certification in a variety of fields. Students can now work towards their driver's license!

### Computer Classes & Career Seminars

Family Success Center participants learn Microsoft Office applications, and attend seminars designed to enhance their workplace experience.

### New In-Person Support Group for Separated & Divorced Women Launches in September

Women experiencing separation or divorce are invited to attend weekly, in person gatherings for education, support, personal growth, and interpersonal development.

### Family Fun Nights Return

Families gather at the Family Success Center each week to enjoy dinner, games, fun activities, crafts, music, and movies.



### Legal Advice & Education

Volunteer attorneys advise individuals in need via video chat and telephone. Virtual seminars about family law, bankruptcy, elder law, and landlord-tenant issues are held regularly.

## Connections Matter & Understanding ACEs

Families and educators meet to discuss the prevention of trauma and adverse childhood experiences while learning how caring connections can serve as a primary buffer in the negative effects of trauma. The interactive workshops cover intensive ACEs education and address its impact physical and neurological development. Participants walk away with tips and strategies for building resiliency. Presentations are offered virtually and in-person; separate workshops are available in English and in Spanish.

### “Mommy Parties”

Pregnant women and mothers of young children come together to share an activity, receive valuable tips about parenting, household safety, or health and wellness at in-person gatherings on the campus or at a nearby venue.



Families Visited the Fair in August!

## Home Visits Help Parents of Young Children

Women who are pregnant or parenting a young child receive regular consultations from a family support worker at home or in a public place through one of the three home visitation programs offered by the Family Success Center. The visiting professionals provide support, education and counseling on health, behavioral, and self-sufficiency issues.

### Mobile Services Available

PSS Journey visits municipalities in Sussex, Northern Morris, and Northern Warren Counties on a rotating basis and makes pop-up appearances at local attractions. Those in need are invited to check out the free food, internet access, computer classes, and other resources available on board.

Special Mommy Party events in Hackettstown have drawn crowds!

