

## Summer Activities

### Family Expo

Children enjoyed interactive activities and a petting zoo while adults picked up tips about mental health, disability services, housing, car seat safety, domestic violence, social services, early childhood services, and more at this fun, family event.



### Health Fair

Covid tests and vaccines, blood pressure screenings, and up-to-date information about breast health, special child services, brain injuries, addiction services, maternal child health, and other topics were offered at the annual Health Fair. Kids even got to tour the inside of an ambulance!



### Breast Cancer Survivor Event

Breast cancer survivors were treated to a celebration of health, including music, interactive presentations about nutrition, and a Q & A with medical experts in June.



### Summer Parenting Classes

Throughout the summer, Family Success Center staff will teach positive parenting skills to parents and caregivers of children of all ages using the ACT/Raising Safe Kids curriculum developed by the American Psychological Association during weekly, virtual workshops.

## Virtual Services for Families

### Support Groups

#### Women's Support Group

An evening support group for women is facilitated by Family Success Center staff.

#### Parent Support Group with Diane Lang

Parents gain insights, share frustrations and success stories, and confer with other parents with the guidance of therapist Diane Lang.

#### 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 with Diane Lang

Author, therapist and life coach Diane Lang helps participants to stay positive, manage emotions and offers tips about stress reduction and mindfulness.

### 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, Help for New Moms

#### 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.

### Mommy Parties

Pregnant women and mothers of young children get important information about health, child development and safety, engage in fun games and crafts with their children, and interact with others in similar circumstances.



# "Help Today. Strength Tomorrow"

Summer 2022

## 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 Summer Office Skills Program.

### 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. Graduates move on to college, a career or the military.

### Bridges to Employing Youth

Pregnant and parenting young adults, ages 18—24, get help with parenting skills, as well as academic and counseling support, transportation, childcare, and training and certification in a variety of fields.

### Computer Classes & Career Seminars

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

### Career Fair

Job seekers submitted resumes and discussed employment opportunities at the June Career Fair.



## Support for Families

### Legal Advice & Education

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

### Mobile Services Available

PSS Journey visits municipalities in Sussex and Northern Morris Counties on a rotating basis and makes pop-up appearances at local attractions.

Those in need are invited to check out the free food, diapers, internet access, computer classes, and other resources available on board.



### Home Visits & Weekly Gatherings Help Parents of Young Children

Women who are pregnant or parenting a young child receive regular consultations from a family support worker via online video platforms, phone or in a safe, socially distant setting 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.

### Connections Matter & Understanding ACES

The Connections Matter initiative invites professionals and providers to work together to increase awareness of the impact of childhood trauma on juvenile development, future violence victimization and perpetration, and lifelong health and opportunity. The group aims to make our community a place in which every child can thrive by preventing adverse childhood experiences (ACES) and assuring safe, stable, nurturing relationships and environments.

Families and educators gather 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, impact on the brain, and include educational videos. 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.

### Food Distribution Assists Hundreds of Families

The Journey Family Success Center at Project Self-Sufficiency has distributed food to hundreds of needy individuals and families since the beginning of the public health crisis. Advisory Board members have donated food and assisted with bagging and distributing items to those in need. The food distribution program, The Food Project, Nourishing our Neighbors, facilitates donations and brings food and limited personal care products to families who lack transportation.

