

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

September – October 2026

Health & Wellness

Motivation Monday – **Online**

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

Mondays, 2:00 p.m.

September 14, 21, 28; October 5, 19, 26

Adverse Childhood Experiences

Understanding ACEs – **Online**

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

Thursday, 2:00 p.m.

October 22

Connections Matter – **Online**

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

English: September 22, 2:00 p.m.

Spanish: September 23, 2:00 p.m.

Career Help

Launch Your Career – **Online**

Gain insight and discuss smart strategies for advancing your career in a new, online support group.

Tuesdays, 7:00 p.m.

September 8, 22; October 6, 20

Workforce Wednesday – **Online**

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

Wednesdays, 1:00 p.m.

September 2, 9, 16, 23, 30; October 7, 14, 21, 28

Special Events

Career & Health Fair – **In Person**

Employment opportunities, expert advice about resumes and job searching, health and wellness tips.

Wednesday, October 21, 10:00 a.m. – 2:00 p.m.

Halloween Spooktacular – **In Person**

Wear your favorite costume! Ghoulish games, creepy crafts, music, and, more!

Thursday, October 29, 5:00 – 6:30 p.m.

Support Groups

Breast Cancer Support Group – **Online**

Explore coping strategies and gain insights in a supportive setting.

Tuesdays, 2:00 p.m.

September 8 & October 13

Brilliant, Resilient You Support Group – **In Person**

For women who are moving forward after a divorce or separation.

Wednesdays, 6:00 – 7:30 p.m.

September 30; October 7, 14, 21, 28; November 4, 11

Parents' Support Group – **Online**

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

Wednesdays, 7:00 p.m.

September 16, 30; October 14, 28



Help for Parents

Baby Beginnings – **In Person**

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

Wednesdays, 1:00 p.m.

September 24 & October 22

24:7 Dads Parenting Course – **In Person & Online**

Tuesdays & Thursdays, 6:00 p.m.

October 6, 8, 13, 15, 20, 22, 27, 29; November 3, 5, 10

ACT Raising Safe Kids Parenting Course – **Online**

Tuesdays, 6:00 p.m.

September 15, 22, 29, October 6, 13, 20, 27, November 3

Fun for Families

Family Fun Nights – **In Person**

Little Sprouts Early Learning Center students and families can enjoy games, crafts, and fun activities.

Wednesdays, September 30, October 28, 5:30 p.m.

Helping *all*
Families on
the Path to
Success!

Call 973-940-3500 to Register!

Journey Family Success Center @ Project Self-Sufficiency

www.journeyfsc.org - 973-940-3500

