

Activities for the Whole Family!

May—June 2025



Journey Family Success Center @ Project Self-Sufficiency



Health & Wellness

Motivation Monday—*Virtual*

Learn how to stay positive and manage loneliness, stress, anxiety, and other complex emotions.

Mondays @ 2:00 p.m.

May 5, 12, 19; June 2, 9, 16, 23, 30

Enough Abuse Child Sexual Assault Prevention—*Virtual*

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

Wednesdays @ 3:00 p.m.

May 28 & June 25

Health Equity—*Virtual*

Discuss how factors like socio-economic status and ethnicity can impact your health and result in healthcare disparities. Learn how to advocate for yourself and your family.

Thursdays @ 3:00 p.m.

May 15 & June 12

Understanding ACEs: Building Self-Healing Communities—*Virtual*

Learn how adversity affects health and well-being throughout life.

Wednesday @ 2:00 p.m.

May 28

Connections Matter—*Virtual*

Discuss the impact of Adverse Childhood Experiences (ACEs) and trauma on mental and physical development; address methods for building compassionate, resilient communities.

English: June 17, 2:00 p.m.

Spanish: June 18, 2:00 p.m.

Family Events—*In Person*

Journey FSC @ Little Sprouts Early Learning Center Family Fun Nights

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

Wednesdays @ 5:30 p.m. May 28 & June 25

Family Expo

Get ready for the summer! Learn about local activities for kids and families; dinner, crafts, games, and more.

Wednesday @ 4:00 p.m. May 21

Baby Beginnings

Educational workshops, guest speakers, free baby items, prizes, and giveaways!

Fridays @ 1:00 p.m. May 30 & June 27

For Parents

Parent Advisory Council—*In Person & Virtual*

Join other parents to identify your family's needs and collaborate on upcoming events.

Tuesday @ 5:00 p.m.

May 13 & June 3

Ages & Stages Information Session—*Virtual*

Discuss developmental milestones for your young child and learn how to access the online tool to connect with resources for support.

Thursday @ 3:00 p.m.

May 22 & June 26

Parenting Workshops—*In Person*

Power of Positive Parenting,
May 13 @ 5:00 p.m.

Raising Resilient Children,
May 20 @ 5:00 p.m.

Raising Confident, Competent Children,
May 27 @ 5:00 p.m.

Developing Good Bedtime Routines
June 17 @ 5:00 p.m.

Hassle-Free Mealtimes with Children,
June 24 @ 5:00 p.m.

Group Positive Parenting Class
June 4, 11, 18, 25 @ 5:00 p.m.

*Three Individualized Phone Sessions
Program Wrap-Up by Phone or In-Person*

ACT Raising Safe Kids Parenting Course
Tuesdays @ 6:00 p.m.—*via Zoom*
May 13, 20, 27; June 3, 10, 17, 24

Call 973-940-3500 to register!



Support Groups

Women's Support Group—*Virtual*

Get tips on coping, time management and meeting everyday challenges.

Mondays @ 7:00 p.m.

May 12, 19; June 9, 23

Father's Support Group—*In Person*

Dads need help, too! Discuss challenges and coping strategies with others.

Tuesdays @ 6:00 p.m.

May 6, 13, 20, 27; June 3, 10, 17, 24

Breast Cancer Support Group—*Virtual*

Explore coping strategies and gain insights in a supportive setting.

Tuesday @ 2:00 p.m.

May 13 & June 10

Parents' Support Group—*Virtual*

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

Wednesdays @ 7:00 p.m.

May 14, 28; June 11, 25

Career Help

Workforce Wednesday—*Virtual*

Get help with your job search, resume, cover letter, interview skills, workplace etiquette, & more.

Wednesdays @ 1:00 p.m.

May 7, 14, 21, 28; June 4, 11, 18, 25

Special Event

**Breast Cancer
Survivor
Celebration**

**Saturday, June 7
10:00 a.m.—1:00 p.m.**



Offered through Project Sussex Kids, the Journey Family Success Center, and the Sussex & Warren County Early Childhood Initiative with support from the NJ Department of Children & Families

