

# Activities for the Whole Family!

March—April 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.**

March 3, 10, 17, 24, 31; April 7, 14, 21, 28

#### 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.**

March 26 & April 23

#### 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.**

March 13 & April 17

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

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

**Wednesday @ 2:00 p.m.**

March 26

#### 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: April 15, 2:00 p.m.**

**Spanish: April 16, 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 @ 6:00 p.m.** March 26 & April 16

#### Pregnancy & Infancy Summit

Up-to-date information about prenatal and post-natal care, child development, parenting, and more. Prizes & giveaways, too!

**Saturday @ 10:00 a.m.** March 15

#### Baby Beginnings: Babies, Bunnies & Bumps

Fun spring games, crafts, music, dinner, and more!

**Thursday @ 6:00 p.m.** April 17

### 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.**

March 11 & April 8

#### 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.**

March 20 & April 24

#### Parenting Workshops—*In Person*

**Power of Positive Parenting,**  
March 4 @ 5:00 p.m.

**Raising Resilient Children,**  
March 11 @ 5:00 p.m.

**Raising Confident, Competent Children,**  
March 18 @ 5:00 p.m.

**Developing Good Bedtime Routines**  
April 8 @ 5:00 p.m.

**Hassle-Free Mealtimes with Children,**  
April 15 @ 5:00 p.m.

**Managing Fighting & Aggression,**  
April 22 @ 5:00 p.m.

**Dealing with Disobedience**  
April 29 @ 5:00 p.m.

**Group Positive Parenting Class**  
March 13, 20, 27, April 3 @ 5:00 p.m.

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

**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.**

March 10, 24; April 14, 28

#### Father's Support Group—*In Person*

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

**Tuesdays @ 6:00 p.m.**

March 4, 11, 18, 25; April 1, 8, 15, 22, 29

#### Breast Cancer Support Group—*Virtual*

Explore coping strategies and gain insights in a supportive setting.

**Tuesday @ 2:00 p.m.**

March 11 & April 8

#### Parents' Support Group—*Virtual*

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

**Wednesdays @ 7:00 p.m.**

March 12, 26; April 9, 30

### Career Help

#### Workforce Wednesday—*Virtual*

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

**Wednesdays @ 1:00 p.m.**

March 5, 12, 19, 26; April 2, 9, 23, 30

### Special Events

#### Prom Shop

April 1, 2, 3, 3—6pm

April 4, 3—6pm

April 5, 9am—1pm

#### Career Fair

April 16, 10am—2pm

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

