

Activities @ Project Self-Sufficiency

Help Today. Strength Tomorrow.

September—October 2022



Health & Wellness

Motivation Monday with Therapist

Diane Lang—Virtual

Join author, therapist and life coach Diane Lang for an exploration of topics designed to help you stay positive and manage loneliness, stress, anxiety, and other complex emotions.

Mondays @ 2:00 p.m.

September 12, 19, 26; October 3, 17, 24, 31

Health Equity—Virtual

A Community Health Worker will 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.

September 8, 22; October 6, 20

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.

September 14 & October 12

Connections Matter

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

English: September 21 (virtual), 2:00 p.m. & October 12 (in person), 5:00 p.m.

Spanish: September 29 (virtual), 2:00 p.m. & October 19 (in person), 5:00 p.m.

Understanding ACEs: Building Self-Healing Communities

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

Wednesday, September 7, 2:00 p.m.

Career Help

Workforce Wednesday—Virtual

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

Wednesdays @ 1:00 p.m.

September 7, 14, 21, 28;

October 5, 12, 19, 26

Career Fair

Thursday, October 13, 10am—2pm



Special Events

Halloween Party, Thursday, October 20 @ 6:00 p.m.

Health Fair, Wednesday, October 26 @ 4:00 p.m.

Help for Parents

Mommy Parties—In Person

Join us for fun parent-child activities! Get valuable information about parenting, learn about fun games and crafts for kids, and connect with other parents and children.

Wednesdays @ Noon

September 14 & October 12

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.

Thursdays @ 3:00 p.m.

September 1, 15, 29; October 13, 27

Call 973-940-3500
for log-in links!



Support Groups

Women's Support Group—Virtual

Are you looking for other women to form a support system? Want to share your experiences with others and get tips on coping? This support group is for you!

Mondays @ 7:00 p.m.

September 12, 19, 26; October 3, 17, 24, 31

Breast Cancer Support Group—Virtual

Breast cancer survivors are invited to share their stories, discuss coping strategies, and gain insights in a supportive setting.

Tuesdays @ 2:00 p.m.

September 13 & October 11

Parenting Support Group with Therapist Diane Lang—

Virtual

Gain insights, share frustrations and success stories with other parents.

Wednesdays @ 7:00 p.m.

September 7, 14, 21, 28; October 5, 12, 19, 26

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

