

Activities for the Whole Family!

November—December 2024



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.

November 4, 18, 25; December 2

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.

November 27

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.

November 14

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: November 12, 2:00 p.m.

Spanish: November 13, 2:00 p.m.

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

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

Wednesday @ 2:00 p.m.

November 20



Call 973-940-3500
to register!

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.

November 19

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.

November 21

Parenting Workshops—*In Person*

Power of Positive Parenting,
November 6 @ 5:00 p.m.

Raising Confident, Competent Children,
November 20 @ 5:00 p.m.

Raising Resilient Children,
November 13 @ 5:00 p.m.

**Address behavior, reduce stress
& build confidence!**

Support Groups

Father's Support Group—*In Person*

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

Tuesdays @ 6:00 p.m.

November 5, 12, 19, 26; December 3

Breast Cancer Support Group—*Virtual*

Explore coping strategies and gain insights in a supportive setting.

Tuesday @ 2:00 p.m.

November 12

Parents' Support Group—*Virtual*

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

Wednesdays @ 7:00 p.m.

November 13 & 20

Family Events

Journey FSC @ Little Sprouts Early Learning Center

Family Fun Nights—*In Person*

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

Wednesdays @ 6:00 p.m.

November 20 & December 18

Holiday Party—*In Person*

Photos with Santa, fun holiday games, crafts, and music!

Tuesday @ noon

December 3 (in Hackettstown)

Career Help

Workforce Wednesday—*Virtual*

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

Wednesdays @ 1:00 p.m.

November 6, 13, 20, 27; December 4

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

