

# Activities @ Project Self-Sufficiency

Help Today. Strength Tomorrow.

November—December 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.**

**November 7, 14, 21, 28; December 5**

### 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.**

**November 3, 17; December 8**

### Enough Abuse Child Sexual Assault Prevention—Virtual

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

**Wednesday 3:00 p.m.**

**November 16**

### Connections Matter

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

**Spanish: November 16, 2:00 p.m.**

**English: November 17, 2:00 p.m.**

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

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

**Wednesday, November 9, 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.**

**November 2, 9, 16, 23, 30; December 7**

## Special Event

### Holiday Party, Thursday, December 1

Drive By & Visit with Santa, 4pm;

Virtual Gathering, 6pm

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



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

## 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**

**November 2 & December 6**

### 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.**

**November 10 & December 1**

## 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.**

**November 7, 14, 21, 28; December 5**

### Breast Cancer Support Group—Virtual

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

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

**November 8**

### Parenting Support Group with Therapist Diane Lang—Virtual

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

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

**November 2, 9, 16, 23, 30; December 7**

## Financial Literacy—Virtual

Discuss credit scores, banking accounts, establishing budgets, setting financial goals, and overcoming debt.

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

**October 27, November 3, 10**