

# Activities for the Whole Family!

July—August 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.**

July 1, 8, 15, 22, 29; August 5, 12, 19, 26

#### 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.**

July 24 & August 28

#### 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.**

July 11 & August 22

#### 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: July 16, 2:00 p.m.**

**Spanish: July 17, 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.**

July 31

### Special Events

#### Project Vacation—*In Person*

Monday, July 15—Friday, July 19, 9:00 a.m.—noon

#### Back-to-School Fair—*In Person*

Thursday, August 15, 10:00 a.m. or 3:00 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.**

**Call 973-940-3500 to register  
or receive log-in details!**

### Help for Parents

#### 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.**

July 18 & August 29

#### Parenting Workshops—

***In Person* at 5:00 p.m.**

**& *Virtual* at 7:00 p.m.**

#### Seminars @ 5:00 p.m.

**Power of Positive Parenting,**

July 11

**Raising Resilient Children,**

July 18

**Raising Confident, Competent Children,**

July 25

**Hassle-Free Shopping with Children,**

August 8

**Dealing with Disobedience,** August 22

**Hassle-Free Mealtimes with Children,**

August 29

#### Discussion Groups @ 7:00 p.m.

**Dealing with Disobedience,** July 2

**Getting Teenagers to Cooperate,** July 9

**Managing Fighting & Aggression,** July 16

**Reducing Family Conflict with Teens,** July 23

**Hassle-Free Mealtimes with Children,** July 30

**Coping with Teenagers' Emotions,** August 6

**Hassle Free Shopping with Children,**

August 13

**Building Teenagers' Survival Skills,** August 20

**Dealing with Disobedience,**

August 22

**Developing Good Bedtime Routines,**

September 4

**ACT Parenting Class @ 6:00 p.m., June 25—August 13, via Zoom**

### Support Groups

#### Women's Support Group—*Virtual*

Share your experiences with others, discuss stress reduction tips, and more!

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

July 1, 15; August 5, 19

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

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

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

July 2, 9, 16, 23, 30; August 6, 13, 20, 27

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

Explore coping strategies and gain insights in a supportive setting.

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

July 9 & August 13

#### Parents' Support Group—*Virtual*

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

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

July 10, 24; August 14, 28



*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*

