

Activities @ Project Self-Sufficiency

May—June 2023

Help Today. Strength Tomorrow.



Health & Wellness

Motivation Monday—Virtual

Hear from exciting guest speakers as they explore topics designed to help you stay positive and manage loneliness, stress, anxiety, and other complex emotions.

Mondays @ 2:00 p.m.

May 1, 8, 15, 22; June 5, 12, 19, 26

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.

May 11 & June 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.

May 17 & June 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: June 6, 2:00 p.m., June 15, 5:00 p.m.

Spanish: June 7, 2:00 p.m.

Understanding ACEs: Building Self-Healing Communities—Virtual

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

Thursday, May 25, 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.

May 3, 10, 17, 24, 31; June 7, 14, 21, 28

Special Event

Breast Cancer Survivor Celebration—In Person,

**Saturday, June 10,
10:00 a.m.—1:00 p.m.**



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

May 10 & June 21

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.

May 4 & June 15

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.

May 8, 15; June 5, 19

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.

May 9 & June 13

Parenting Support Group—Virtual

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

Wednesdays @ 7:00 p.m.

May 3, 24; June 14, 28

Parenting Classes—Virtual

Learn how to build positive parenting skills, prevent behavioral problems, and encourage effective anger management.

Tuesdays @ 6:00 p.m.

June 20, 27; July 11, 18, 25; August 1, 8, 15