

# Activities for the Whole Family!

Journey Family Success Center @ Project Self-Sufficiency

January—February 2024



## Health & Wellness

### Motivation Monday—*Virtual*

Explore topics designed to help you stay positive and manage loneliness, stress, anxiety, and other complex emotions.

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

January 8, 22, 29; February 5, 12, 26

### 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.**

January 11 & February 8

### 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.**

January 17 & February 21

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

**Spanish: January 18, 2:00 p.m.**

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

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

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

January 25

## Career Help

### Workforce Wednesday—*Virtual*

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

**Wednesdays @ 1:00 p.m.**

January 3, 10, 17, 24, 31; February 7, 14, 21, 28

## Valentine's Day Party

Games, music, crafts, activities, dinner, and DANCING!

**Thursday, February 8, 6:00 p.m.**

## Family Activities

### Family Fun Nights—*In Person*

Enjoy dinner, games, and crafts with your kids while connecting with other families.

**Thursdays @ 6:00—7:30 p.m.**

January 11, 18, 25; February 1, 8, 15, 22, 29

## Help for Parents

### Mommy Parties—*In Person @ Noon*

Get valuable information about parenting, enjoy fun games and crafts with your child, and meet other parents and children.

**January 10 & February 14, PSS**

**January 30 & February 13, Hackettstown**

### 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.**

January 18 & February 15

## Support Groups

### Women's Support Group—*Virtual*

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

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

January 8, 29; February 12, 26

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

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

**Tuesdays @ 6:00 p.m. February 6, 13, 20, 27**

### Breast Cancer Support Group—*Virtual*

Explore coping strategies and gain insights in a supportive setting.

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

January 9 & February 13

### Parents' Support Group—*Virtual*

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

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

January 10, 24; February 7, 14

### Separated & Divorced Women Support Group—*In Person*

For education, support, personal growth, and interpersonal development.

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

January 11, 18, 25; February 1, 8, 15, 22, 29

## Parenting Classes & Workshops

Parenting Discussion Class	Project Self-Sufficiency, February 7, 15, 21, 28, 6:00 p.m.
Power of Positive Parenting	Project Self-Sufficiency, January 10, 6:00 p.m. Durban Avenue School, January 23, 6:00 p.m.
Raising Resilient Children	Montague Township School, January 9, 5:00 p.m. Project Self-Sufficiency, January 17, 6:00 p.m.
Raising Confident, Competent Children	Project Self-Sufficiency, January 24, 6:00 p.m. Project Self-Sufficiency, February 13, 6:00 p.m. Durban Avenue School, February 27, 6:00 p.m.
Dealing with Disobedience	Sunny Days Childcare, February 21, 6:00 p.m.
ACT Raising Safe Kids Class	Tuesdays, <i>via Zoom</i> , January 23—March 5, 6:00 p.m.

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