

Activities @ Project Self-Sufficiency

Help Today. Strength Tomorrow.

September—October 2023



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.

September 11, 18, 25; October 2, 16, 23, 30

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.

September 7 & October 5

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.

September 20 & October 25

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: September 12, 2:00 p.m., September 20, 6:00 p.m.

Spanish: September 14, 2:00 p.m.

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

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

Thursdays @ 2:00 p.m.

September 28 & October 19

Career Help

Workforce Wednesday—*Virtual*

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

Wednesdays @ 1:00 p.m.

September 6, 13, 20, 27; October 4, 11, 18, 25

Career Fair—*In Person*

Thursdays, October 19th, 10:00 a.m.—2:00 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

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.

September 7, 14, 21, 28; October 5, 12, 19, 26 (*Halloween Spooktacular!*)

Health Fair

Thursday, October 5th, 4—6p.m.

Car Seat Safety

Saturday, September 9th, 10am—2pm

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.

September 13 & October 11, PSS September 26 & October 24, 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.

Thursdays @ 3:00 p.m.

September 14 & October 12

Parenting Classes

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

ACT Parenting Classes, for Parents of School-Aged Children—*Virtual*

Tuesdays @ 6:00 p.m.

September 12—November 14 (*except Oct. 31*)

Triple P Parenting Series,

for Parents of Infants, Toddlers & Young Children—*In Person*

Primary Care Consultations—Mondays, October 2, 16, 21, 30, 11:00 a.m.

Selected Seminars—Thursday, September 20, 5:00 p.m., Phillipsburg

Parenting Class Series—Thursdays, September 14—November 2, 6:00 p.m.

Discussion Groups

- **Wednesdays, October 4 & 18, 6:00 p.m., Project Self-Sufficiency**

- **Tuesdays, September 12, 19, 26, October 3, 10, 5:00 p.m., Prince of Peace Church**

- **Wednesday, September 13, 27, October 11, 25, 3:00 p.m.,**

Phillipsburg Housing Authority

Support Groups

Women's Support Group—*Virtual*

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

Mondays @ 7:00 p.m.

September 11, 25; October 16, 30

Breast Cancer Support Group—*Virtual*

Explore coping strategies and gain insights in a supportive setting.

Tuesday @ 2:00 p.m.

September 12 & October 10

Parents' Support Group—*Virtual*

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

Wednesdays @ 7:00 p.m.

September 13, 20; October 4, 25

Separated & Divorced Women Support Group—*In Person*

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

Thursdays @ 6:00 p.m.

September 21, 28, October 5, 12, 19, 26

