

# Activities for the Whole Family!

September—October 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.**

September 9, 16, 23, 30; October 7, 21, 28

#### 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 25 & October 23

#### 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 12 & October 10

#### 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: October 8, 2:00 p.m.

Spanish: October 9, 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.**

September 25

### Special Events

#### Career Fair—*In Person*

Wednesday, October 16, 10:00 a.m.—2:00 p.m.

#### Halloween Spooktacular—*In Person*

Thursday, October 24, 6:00 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.**

September 4, 11, 18, 25; October 1, 9, 16, 23, 30

### 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.**

September 19 & October 17

#### Parenting Workshops, Coaching, Group Class—*In Person*

##### Workshops

**Power of Positive Parenting,**

September 4 @ 5:00 p.m.

**Raising Resilient Children,**

September 11 @ 5:00 p.m.

**Raising Confident, Competent Children,**

September 18 @ 5:00 p.m.

**Developing Good Bedtime Routines,**

October 2 @ 5:00 p.m.

**Hassle-Free Mealtimes with Children,**

October 9 @ 5:00 p.m.

**Managing Fighting & Aggression,**

October 16 @ 5:00 p.m.

**Dealing with Disobedience,**

October 23 @ 5:00 p.m.

**Hassle-Free Shopping with Children,**

October 30 @ 5:00 p.m.

##### Group Positive Parenting Class \*

**@ 5:00 p.m.**

September 17, 24; October 1, 8

Plus 3 Individual Phone Consultations

\*must attend all group sessions and phone consultations to receive a certificate

##### One-on-One Coaching,

**@ 4:00—6:00 p.m.**

September 10, 24; October 8, 22



**Call 973-940-3500  
to register!**

### Family Events

#### Journey FSC @ Little Sprouts

#### Early Learning Center

#### Family Fun Nights—*In Person*

Little Sprouts Early Learning Center students and parents can enjoy games, crafts, and fun activities together.

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

September 25 & October 30

### Support Groups

#### Women's Support Group—*Virtual*

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

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

September 9, 23; October 7, 21

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

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

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

September 3, 10, 17, 24; October 1, 8, 15, 22, 29

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

Explore coping strategies and gain insights in a supportive setting.

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

September 10 & October 8

#### Parents' Support Group—*Virtual*

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

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

September 11, 15; October 9, 23

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

