

Activities for Everyone at the Journey Family Success Center at Project Self-Sufficiency

May – June 2026

Health & Wellness

Motivation Monday – Online

Discuss finances, emotions, loneliness, stress, anxiety, and more.

Mondays, 2:00 p.m.

May 4, 11, 18; June 1, 8, 15, 22, 29

Health Equity – Online

Discuss the impact of socio-economic factors on healthcare disparities and learn how to advocate for better access.

Thursdays, 3:00 p.m.

May 14 & June 11

Adverse Childhood Experiences

Enough Abuse – Online

Learn to recognize and prevent child sexual abuse and discuss safe practices for potential victims.

Wednesdays, 3:00 p.m.

May 20 & June 17

Understanding ACEs – Online

Learn how adversity affects health and well-being across the lifespan.

Wednesday, 3:00 p.m.

June 17

Connections Matter – Online

Discuss the impact of childhood trauma on mental and physical development and address methods for building compassionate, resilient communities.

English: May 19, 2:00 p.m.

Spanish: May 21, 2:00 p.m.

Career Help

Career Chat – Online

Identify career goals, discuss the job application process, get help with job searching, interviews, and more.

Mondays, 7:00 p.m.

May 11; June 8, 22

Workforce Wednesday – Online

Get help with job searching, resumes, cover letters, interview skills, workplace expectations, and more.

Wednesdays, 1:00 p.m.

May 6, 13, 20, 27; June 3, 10, 17, 24

Special Event

Breast Cancer Survivor Celebration – In Person

Keynote speaker, health and wellness workshops, luncheon, music, vendors, prizes, and more.

Saturday, June 6, 10:00 a.m.



Call 973-940-3500 to Register!

Support Groups

Breast Cancer Support Group – Online

Explore coping strategies and gain insights in a supportive setting.

Tuesdays, 2:00 p.m.

May 12 & June 2

Parents' Support Group – Online

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

Wednesdays, 7:00 p.m.

May 13, 27; June 10, 24

Help for Parents

Parent Advisory Council – In Person & Online

Join other parents to identify community needs and collaborate on upcoming events.

Tuesdays, 5:00 p.m.

May 12 & June 16

Ages & Stages Information Session – Online

Discuss developmental milestones for young children and learn how to access an online tool to connect with resources for support.

Thursdays, 3:00 p.m.

May 21 & June 18

Baby Beginnings – In Person

Get up-to-date information for healthy pregnancy, learn about child development, parenting, and more.

Wednesdays, 1:00 p.m.

May 21 & June 18

24:7 Dad – In Person & Online

Tuesdays & Thursdays, 6:00 p.m.

June 23, 25, 30; July 2, 7, 9, 14, 16, 21, 23, 30

ACT Raising Safe Kids – Online

Tuesdays, 6:00 p.m.

June 23, 20; July 7, 14, 21, 28; August 4, 11

Fun for Families

Family Fun Nights – In Person

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

Wednesdays, May 27 & June 24, 5:30 p.m.



Journey Family Success Center @ Project Self-Sufficiency

www.journeyfsc.org - 973-940-3500

