

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

November – December 2026

Health & Wellness

Motivation Monday – **Online**

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

Mondays, 2:00 p.m.

November 2, 9, 16, 23, 30; December 7

Adverse Childhood Experiences

Connections Matter – **Online**

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

English: November 17, 2:00 p.m.

Spanish: November 18, 2:00 p.m.

Help with Career & Finances

Launch Your Career – **Online**

Gain insight and discuss smart strategies for advancing your career in a new, online support group.

Mondays, 7:00 p.m.

November 2, 16; December 7

Budget Basics – **In Person**

Discuss budgets, income, expenses, spending habits, financial goals in two-part sessions.

Tuesdays & Thursdays, 11:00 a.m.

November 3 & 5; 10 & 12; 17 & 19; 24; December 1 & 3

Workforce Wednesday – **Online**

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

Wednesdays, 1:00 p.m.

November 4, 11, 18; December 3

Help for Parents

Pregnancy & Infancy Summit – **In Person**

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

Thursday, 10:00 a.m. - noon

November 19

24:7 Dads Parenting Course – **In Person & Online**

Tuesdays & Thursdays, 6:00 p.m.

Starts November 3!

Support Groups

Breast Cancer Support Group – **Online**

Explore coping strategies and gain insights in a supportive setting.

Tuesdays, 2:00 p.m.

November 10

Brilliant, Resilient You Support Group – **In Person**

For women who are moving forward after a divorce or separation.

Wednesdays, 6:00 – 7:30 p.m.

November 4, 18

Parents' Support Group – **Online**

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

Wednesdays, 7:00 p.m.

November 4, 18; December 2



Helping *all*
Families on
the Path to
Success!



Special Events

Holiday Party – **In Person**

Holiday tunes, games, crafts, treats, and a visit from a special friend from the North Pole!

Tuesday, December 1, 11:00 a.m.

Trinity United Methodist Church, Hackettstown

Fun for Families

Family Fun Nights – **In Person**

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

Wednesdays, November 18, December 16, 5:30 p.m.

Call 973-940-3500 to Register!

Journey Family Success Center @ Project Self-Sufficiency

www.journeyfsc.org - 973-940-3500

