

Project Self-Sufficiency—127 Mill Street, Newton, NJ 07860—www.journeyfsc.org

Holiday Assistance

Thanksgiving

More than 500 families received complete Thanksgiving feasts—including a frozen turkey, side dishes, and homemade pies—thanks to generous community donations and some very hard-working Family Success Center staff and volunteers.



Holiday Party

Santa stopped by the Family Success Center in early December to bring some holiday cheer to drive-by and virtual gatherings of parents and children.



Season of Hope Holiday Toy Shop

Thousands of infants, children, and teens received new, unwrapped toys and gifts through the Season of Hope Holiday Toy Shop. Schools, businesses, individuals, civic organizations, churches, and children gathered items for families in need. All toys were distributed at a festive, two-day event in December.



Virtual Services for Families

Support Groups

Women’s Support Group

An evening support group for women is facilitated by Family Success Center staff.

Parent Support Group with Diane Lang

Parents gain insights, share frustrations and success stories, and confer with other parents with the guidance of therapist Diane Lang.

Breast Cancer Support Group

Breast cancer survivors share their stories, discuss coping strategies, and obtain valuable information in a supportive setting.

Career Help

Workforce Wednesday

Family Success Center staff leads participants through resume-writing, interview skills, job preparation, and more.

Health & Wellness

Motivation Monday with Diane Lang

Author, therapist and life coach Diane Lang helps participants to stay positive, manage emotions and offers tips about stress reduction and mindfulness.

Health Equity

Participants discuss disparities in healthcare and learn how to advocate for themselves and their families.

Child Sexual Assault Prevention

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

Child Development Tools & Tips, Help for New Moms

Ages & Stages Information Session

Parents discuss developmental milestones for young children and learn how to access the online Ages & Stages Questionnaire to connect with resources for support.

“Mommy Parties”

Pregnant women and mothers of young children come together to share an activity, receive valuable tips about parenting, household safety, or health and wellness at in-person gatherings on the campus or at a nearby venue.



Career Help

Employment Skills Training Program for Women

Women learn computer skills and receive assistance with resume development, workplace etiquette, and interview skills during the Higher Opportunities for Women employment skills training program.

High School Equivalency Program

Young adults, ages 16—25, are working towards their high school diploma through the New Jersey Youth Corps at Project Self-Sufficiency. Classroom instruction is supplemented by community service projects, and course credits at the neighboring community college are now available. Graduates move on to college, a career or the military.

Bridges to Employing Youth

Pregnant and parenting young adults, ages 18—24, get help with parenting skills, as well as academic and counseling support, transportation, childcare, and training and certification in a variety of fields. Students can now work towards their driver’s license!

Computer Classes & Career Seminars

Family Success Center participants learn Microsoft Office applications, and attend seminars designed to enhance their workplace experience.

Connections Matter & Understanding ACES

The Connections Matter initiative invites professionals and providers to work together to increase awareness of the impact of childhood trauma on juvenile development, future violence victimization and perpetration, and lifelong health and opportunity. The group aims to make our community a place in which every child can thrive by preventing adverse childhood experiences (ACEs) and assuring safe, stable, nurturing relationships and environments.

Families and educators gather to discuss the prevention of trauma and adverse childhood experiences while learning how caring connections can serve as a primary buffer in the negative effects of trauma. The interactive workshops cover intensive ACES education, impact on the brain, and include educational videos. Participants walk away with tips and strategies for building resiliency. Presentations are offered virtually and in-person; separate workshops are available in English and in Spanish.



Legal Advice & Education

Volunteer attorneys offer free legal advice to individuals in need via video chat and telephone. Virtual seminars about family law, bankruptcy, elder law, landlord-tenant issues are held regularly.

Home Visits Help Parents of Young Children

Women who are pregnant or parenting a young child receive regular consultations from a family support worker via online video platforms, phone or in a safe, socially distant setting at home or in a public place through one of the three home visitation programs offered by the Family Success Center. The visiting professionals provide support, education and counseling on health, behavioral and self-sufficiency issues.

Parenting Classes

Family Success Center staff teach positive parenting skills, behavioral problem prevention, and effective anger management during virtual, evening parenting workshops.

Mobile Services Available

PSS Journey visits municipalities in Sussex, Northern Morris, and Warren Counties on a rotating basis and makes pop-up appearances at local attractions. Those in need are invited to check out the free food, diapers, internet access, computer classes, and other resources available on board.



Coming Soon

Valentine’s Day Party—Parents and children will gather for special games, treats, and activities.

Career Fair—Job seekers and those who need help with their job search will be invited to meet with area employers, fine-tune their interviewing skills, and get tips on finding their next job at a free Career Fair in the spring.

Breast Cancer Survivor Celebration—Women who have survived breast cancer will gather to celebrate, get advice about nutrition, health, and wellness, and hear from medical experts about the latest trends in treatment and research.