<table>
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<th>Community Events</th>
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| **Breast Cancer Survivor Celebration**  
Women who have survived breast cancer gathered to celebrate, get advice about nutrition, health, and wellness, and hear from medical experts about the latest trends in treatment and research at a festive event designed just for them. |

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<th>Services for Families</th>
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| **Support Groups**  
**Women's Support Group**  
Women are invited to share experiences and get tips on time management and meeting everyday challenges. |

| **Parent Support Group**  
Parents gain insights, address frustrations, and share success stories. |

| **Father's Support Group**  
Dads meet to discuss challenges and coping strategies with others. |

| **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**  
Guest speakers address stress reduction, mindfulness, and managing complex emotions. |

| **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**  
**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. |

| **Family Fun Nights Help Parents & Children**  
The Journey Family Success Center hosts weekly events for families, including special events in May and June to celebrate moms and dads. |
### Career Development

**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 and Summer Office Skills employment skills training programs.

**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; three 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 also 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.

### Help for Parents

**Parenting Workshops & Discussion Groups**
Workshops and discussion groups aimed at parents, caregivers, and educators help boost self-confidence, reduce stress, and teach anger management. Courses are available on site, at community locations, and online.

**Legal Advice & Education**
Volunteer attorneys advise individuals in need via video chat and telephone. Virtual seminars about family law, bankruptcy, elder law, and landlord-tenant issues are held regularly.

**Mobile Services Available**
PSS Journey visits municipalities in Sussex, Northern Morris, and Northern 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, internet access, computer classes, and other resources available on board.

**Special Mommy Party events in Hackettstown are popular!**

**Home Visits Help Parents of Young Children**
Women who are pregnant or parenting a young child receive regular consultations from a family support worker 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.

**“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.

### Coming Soon ...

- Back to School Fair
- Career Fair

[www.journeyfsc.org](http://www.journeyfsc.org)
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