

Activities for the Whole Family!

January—February 2025



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.

January 6, 13, 27; February 3, 10, 24

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.

January 29 & February 26

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.

January 16 & February 13

Understanding ACEs: Building Self-Healing Communities—*Virtual*

Learn how adversity affects health and well-being throughout life.

Wednesday @ 2:00 p.m.

January 29

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: February 11, 2:00 p.m.

Spanish: February 12, 2:00 p.m.

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. January 22 & February 26

Cupid's Winter Wonderland

—*In Person*

Fun holiday games, crafts, music, dinner, and more!

Thursday @ 6:00 p.m. February 13



Call 973-940-3500
to register!

For Parents

Parent Advisory Council—*In Person & Virtual*

Join other parents to identify your family's needs and collaborate on upcoming events.

Tuesday @ 5:00 p.m.

January 7 & February 11

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.

January 23 & February 20

Parenting Workshops—*In Person*

Developing Good Bedtime Routines,
January 14 @ 5:00 p.m.

Hassle-Free Mealtimes with Children,
January 21 @ 5:00 p.m.

Managing Fighting & Aggression,
January 28 @ 5:00 p.m.

Dealing with Disobedience
February 4 @ 5:00 p.m.

Hassle-Free Shopping with Children,
February 11 @ 5:00 p.m.

Power of Positive Parenting,
February 25 @ 5:00 p.m.

Group Positive Parenting Class

January 16, 23, 30, February 6, 13
@ 5:00 p.m.

Three Individualized Phone Sessions
Program Wrap-Up by Phone or In-Person



Support Groups

Women's Support Group—*Virtual*

Get tips on coping, time management and meeting everyday challenges.

Mondays @ 7:00 p.m.

January 13, 27; February 10, 24

Father's Support Group—*In Person*

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

Tuesdays @ 6:00 p.m.

January 7, 14, 21, 28; February 4

Breast Cancer Support Group—*Virtual*

Explore coping strategies and gain insights in a supportive setting.

Tuesday @ 2:00 p.m.

January 14 & February 11

Parents' Support Group—*Virtual*

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

Wednesdays @ 7:00 p.m.

January 15, 29; February 12, 26

Career Help

Workforce Wednesday—*Virtual*

Get help with your job search, resume, cover letter, interview skills, workplace etiquette, & more.

Wednesdays @ 1:00 p.m.

January 8, 15, 22, 29; February 5, 12, 19, 26

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