

Activities @ Project Self-Sufficiency

Help Today. Strength Tomorrow.

July—August 2022



Health & Wellness

Motivation Monday with Therapist Diane Lang—Virtual

Join author, therapist and life coach Diane Lang for an exploration of topics designed to help you stay positive and manage loneliness, stress, anxiety, and other complex emotions.

Mondays @ 2:00 p.m.

July 11, 18, 25; August 1, 8, 15, 22, 29

Health Equity—Virtual

A Community Health Worker will 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.

July 14, 28; August 11, 25

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.

July 13 & August 10

Connections Matter

Discuss the impact of Adverse Childhood Experiences (ACEs) and trauma on mental and physical development; address methods for building compassionate, resilient communities.

English: July 13 (*in person*), 2:00 p.m. & August 23 (*virtual*), 5:00 p.m.

Spanish: July 21 (*in person*), 2:00 p.m. & August 24 (*virtual*), 5:00 p.m.

Understanding ACEs: Building Self-Healing Communities

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

July 14, 2:00 p.m. & August 17, 5pm.

Career Help

Workforce Wednesday—Virtual

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

Wednesdays @ 1:00 p.m.

July 6, 13, 20, 27;

August 3, 10, 17, 24, 31

Help for Parents

Mommy Parties—In Person

New Time!

Join us for fun parent-child activities! Get valuable information about parenting, learn about fun games and crafts for kids, and connect with other parents and children.

Wednesdays, 3:30—5:30 p.m.

July 13 & August 10

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.

Thursdays @ 3:00 p.m.

July 7, 21; August 4, 18

Parenting Classes—Virtual

Designed for parents of early childhood and school-aged kids. Build positive parenting skills, learn to prevent behavioral problems.

Tuesdays @ 6:00 p.m.

New!

July 26, August 2, 9, 16, 23, 30, September 6, 13, 20

Support Groups

Women's Support Group—Virtual

Are you looking for other women to form a support system? Want to share your experiences with others and get tips on coping? This support group is for you!

Mondays @ 7:00 p.m.

July 11, 18, 25; August 1, 8, 15, 22, 29

Breast Cancer Support Group—Virtual

Breast cancer survivors are invited to share their stories, discuss coping strategies, and gain insights in a supportive setting.

Tuesdays @ 2:00 p.m.

July 12 & August 16

Parenting Support Group with Therapist Diane Lang—Virtual

Gain insights, share frustrations and success stories with other parents.

Wednesdays @ 7:00 p.m.

July 6, 13, 20, 27; August 3, 10, 17, 24, 31

Special Event

Back to School Fair

Wednesday—In Person,

August 17, 4:00—7:00 p.m.

Call 973-940-3500  for log-in links!

Programs offered through Project Sussex Kids, the Journey Family Success Center, and the Sussex & Warren County Early Childhood Initiative with support from the New Jersey Department of Children & Families

