

Activities @ Project Self-Sufficiency

Help Today. Strength Tomorrow.

May—June 2022



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. May 9, 16, 23; June 6, 13, 20, 27

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. May 10 & June 14

Parenting Support Group with Therapist Diane Lang—Virtual

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

Wednesdays @ 7:00 p.m. May 4, 11, 18, 25; June 1, 8, 15, 22, 29



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

Health & Wellness

Motivation Monday with Therapist Diane Lang—Virtual

Struggling with loneliness, stress or anxiety? Join author, therapist and life coach Diane Lang for an exploration of topics designed to help you stay positive and manage the complex emotions of this difficult time.

Mondays @ 2:00 p.m. May 2, 9, 16, 23; June 6, 13, 20, 27

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. May 5, 19; June 2, 16, 30

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. May 11 & June 8

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: May 4 (virtual), 5:00 p.m. & June 7 (in person), 5:00 p.m.

Spanish: May 18 (virtual), 2:00 p.m. & June 21 (in person), 5:00 p.m.

Career Help

Workforce Wednesday—Virtual

Looking for a job? Considering a career change? The PSS Career Center staff is here to help with your job search, resume, cover letter, interview skills, workplace etiquette, & more.

Wednesdays @ 1:00 p.m.
May 4, 11, 18, 25; June 1, 8, 15, 22, 29

Special Events

Career Fair (in-person)

May 19, 10:00 a.m.—2:00 p.m.
Rain date, May 24

Family Expo (in-person)

May 26, 4:00—6:00 p.m.
Rain date, June 2

Health Fair (in-person)

June 16, 12:00—3:00 p.m.
Rain date, June 23

Child Development Tools & Tips, Help for New Moms

Mommy Parties

Join us for fun parent-child activities over lunch. It's a great place to get valuable information about parenting, learn about fun games and crafts for kids, and connect with other parents and children.

Wednesdays, English @ 11:00 a.m.; Espanol @ 12:00 p.m.

May 11 & June 8 (outdoors in person; virtual only if raining)

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.

May 12, 26; June 9, 23

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