

Parents as Teachers @

Project Self-Sufficiency & Partnership for Maternal & Child Health of Northern New Jersey



- ◆ Free Visits in Your Own Home in Sussex & Warren Counties
- ◆ Get Advice about Work, Goal-Setting, Relationships
- ◆ Discuss Parenting, Nutrition, Health, Development, Literacy & More

I've been very blessed during these past 3 years. Being a single mother can be very challenging, but I've never had to stress, because I get so much help from my Parents as Teachers Home Visitor.

With the Parents as Teachers program, a home visitor comes in and helps you to set up goals and identify the steps you need to take to achieve those goals. They help you understand your child. They help with different developmental milestones. They bring activities for you to do with your child and they let you know about activities in the community which you can do with your child.

We've come a long way. With the help of my home visitor, I have built a stronger bond with my son.

Call **973-940-3500** or **844-805-3500**
or visit www.projectselfsufficiency.org

Project Self-Sufficiency, 127 Mill Street, Newton, NJ 07860



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Partnership for
Maternal &
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OF NORTHERN NEW JERSEY