

Help for Parents

Primary Care Consultations

Speak with a professional regarding your parenting needs.

Mondays @ 11:00 a.m.

October 2, 16, 23, 30

at *Project Self-Sufficiency*

Parenting Classes

Learn how to address behavioral challenges, reduce stress, and build confidence, at *Project Self-Sufficiency*

Thursdays @ 6:00 p.m.

September 14, 21, 28, October 5, 12, 19, 26, November 2

Raising Resilient Children

Attend a seminar focused on a single topic.

Wednesday @ 5:00 p.m.

September 20

at *Phillipsburg Free Public Library*

Discussion Groups

Discuss bedtime, mealtime, disobedience, aggression, shopping with kids, and more in a supportive setting.

Tuesdays @ 5:00 p.m., September 12, 19, 26, October 3, 10, at *Prince of Peace Church, Hamburg*

Wednesdays @ 6:00 p.m., October 4 & 18, at *Project Self-Sufficiency*

Wednesday @ 3:00 p.m., September 13, 27, October 11, 25, at *Phillipsburg Housing Authority*



Effective, evidence-based parenting programs backed up by more than 35 years of ongoing research.

For Every Parent!

Call 973-940-3500 to Register!



Can't make it to these sessions?

Check out the **FREE** parenting classes, discussion groups, and support groups available online or at a site near you by calling 973-940-3500!



NEW JERSEY DEPARTMENT
OF CHILDREN AND FAMILIES

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Project Self-Sufficiency, 127 Mill Street, Newton, NJ, 07860—973-940-3500—www.projectselfsufficiency.org