

# Project Self-Sufficiency Newsletter

November—December 2025

127 Mill Street, Newton, NJ 07860 ★ 973-940-3500 ★  
[pss@projectselfsufficiency.org](mailto:pss@projectselfsufficiency.org) ★ [www.projectselfsufficiency.org](http://www.projectselfsufficiency.org)

The Agency will be closed November 26, 27, 28, December 19, 24—January 1, 2025.

## Get Ready for Thanksgiving

### Does Your Family Need Help at Thanksgiving?

Thanks to our very generous community, Project Self-Sufficiency participants may be able to receive a frozen turkey and all of the fixings for a complete Thanksgiving feast. Supplies are dependent upon donations and can be limited; contact your Case Manager or Home Visitor to register.



## The Season of Hope Toy Shop

### Families in Need Can Get Help with the Holidays

The Season of Hope Toy Shop is open to current, active Project Self-Sufficiency participants as well as members of the public. New gifts and toys will be available for infants, toddlers, children and teens.



Details about the dates, times, and location of the Toy Shop will be provided at the time of registration. The number of toys per child is determined by the number of people registered and the number of donations received.

## You Must Be Registered to Use the Toy Shop

No Appointment Needed

### In-Person Toy Shop Registration

November 3, 4, 5, 7, 10:00 a.m.—4:00 p.m.

November 6, 10:00 a.m.—7:00 p.m.

November 8, 9:00 a.m.—noon

## Earth Angels Helps Seniors at the Holidays

### Gift Cards & More

Do you know a senior citizen in Sussex or Northern Warren County who could use a little help during the holidays? The Earth Angels program offers festive bags stuffed with gift cards and special items designed to brighten the holidays. **Call 973-940-3500 to register for assistance.**



## New Jersey Youth Corps Enrolling Now

### Get College Credits While You Work Towards Your Diploma!

Did you know that students can get **THREE college credits** from Sussex County Community College while working towards a high school diploma with Project Self-Sufficiency's New Jersey Youth Corps program? High school drop outs from Sussex & Warren counties, ages 16—25, can get high school equivalency and employment skills training, work experience through community service, and more. **Next session starts in February!**

## Considering College?

### Take the Next Step with Campus 2 Campus

Campus 2 Campus is a partnership between PSS and Sussex County Community College designed to help non-traditional students take the next step towards college and a career.

Basic Skills Testing—Scholarship Information—Test Anxiety Support—Budget-Friendly Childcare—Application & Financial Aid Forms—Campus Tours—& More!

### Information Sessions at PSS,

November 13, 10:00 a.m., December 4, 4:00 p.m.

### November Session:

November 11 (PSS) & November 14 (SCCC), 10:00 a.m.

### December Session:

December 2 (PSS) & December 5 (SCCC), 10:00 a.m.



## Help for Moms and Parents-to-Be

### Pregnancy & Infancy Summit

Pregnant women and parents of young children can access the information and resources they need to be successful! Hear from pediatrician Dr. Chris Canzoniero. Get information about early childhood health, safety, and education. Prizes, baby items, and giveaways, too!

**Saturday, November 15th,  
10:00 a.m.—1:00 p.m.**



## Goings On at Project Self-Sufficiency

### Aged 16—24 and Feeling Overwhelmed?

**Bridges to Employing Youth Might be for You!**



- ⇒ Monthly Attendance Stipend
- ⇒ Individualized Training & Counseling Support
- ⇒ Free Childcare & Transportation
- ⇒ Food Pantry, Diapers & Baby Essentials
- ⇒ Help with Career Goals
- ⇒ Financial Literacy Training
- ⇒ Parenting Skills
- ⇒ Driver's License Education

### Help for Expectant & New Parents

Explore the range of family support services at Project Self-Sufficiency! Get free parenting tips, baby items, information about childhood health, and other topics from certified nurses or professional family support workers. Services for mother and child help boost literacy levels, address health issues, and highlight potential developmental delays. Women who are pregnant or parenting infants, as well as those with children up to the age of three are eligible.



*Available to income-eligible residents of Sussex, Hunterdon, and northern Warren counties.*

### Understanding ACEs

#### Positive & Adverse Childhood Experiences

Learn how adversity affects health and well-being throughout life. Discuss brain development, community core protective systems capacity, and the importance of attachment and belonging.

**Tuesday, November 11, 3:00 p.m.—via Zoom**

### Connections Matter

#### Parents, Caregivers, Community Providers

*Intensive ACES education—Impact on the Brain—Information, Educational Videos, Peer-to-Peer Interaction—Tips and Strategies for Building Resiliency—Featured Trauma Expert Presenters and Topics*

Appropriate for parents and providers raising and teaching school-aged children. Advance registration encouraged.

**Tuesday, November 18, 2:00 p.m., English.—via Zoom**

**Wednesday, November 19, 2:00 p.m., Spanish.—via Zoom**



## Project Self-Sufficiency The Food & Journey Opportunity on the Move

### PSS Journey & The Food Project are on the Road!

*Help with career development, food, and other assistance!*

#### Franklin, 10am—2pm

November 13;  
December 4

#### Hackettstown, 9:30am—3:30pm

November 4, 18;  
December 9

#### Hopatcong, 10am—2pm

November 12;  
December 3

#### Netcong, 10am—2pm

November 11;  
December 2

#### Vernon, 10am—2pm

November 5, 19;  
December 10

*Journey will be off the road,  
December 16—January 5.*

### New Jersey Youth Corps

**Enroll Now for the Next Session!**



- Literacy and high school equivalency education.
- **THREE** college credits.
- Skills for work and life.
- Personal and career counseling.
- Community service/job placement.
- Free transportation and childcare.
- \$5,000 towards tuition, textbooks, computers, or fees for higher education.

### Job Training for Women

#### Higher Opportunities for Women Starts in February

Make a New Year's resolution to focus on yourself! Computer classes, help with resumes and cover letters, career exploration, and on-the-job experience at a community work site!

**Tuesdays & Thursdays,  
9:30 a.m.—3:00 p.m.**



### Don't Miss the Holiday Party!

**Tuesday, December 9 @ 11am in Hackettstown  
Trinity United Methodist Church**



## Home Visitation Services, Connecting NJ, & Project Sussex Kids

**Project Self-Sufficiency offers three evidence-based home visitation programs tailored to meet the needs of low-income parents. Factors such as residency, pregnancy and the age and number of children, help determine which program is best suited for the parents' needs.**

### Home Visits Help Parents of Young Children

Women who are pregnant or parenting a young child can receive regular consultations from a nurse or certified family support worker via online video platforms, phone, at home or in a public place through one of the three Home Visitation Programs offered by Project Self-Sufficiency in Sussex, Warren and Hunterdon counties. The visiting professionals provide support, education and counseling on health, behavioral and self-sufficiency issues.

**To find out more about the home visitation programs at Project Self-Sufficiency, call 973-940-3500.**



Low-income, first-time mothers are paired with a nurse who visits them throughout the pregnancy and up until the child's second birthday. **Serving Sussex, Warren and Hunterdon counties.**



For expectant parents and parents of infants. Participation in this program can count toward Work First New Jersey required activities. **Serving Sussex and Northern Warren County.**



Parents as Teachers.

For those who are pregnant or parenting an infant or toddler. Using the nationally acclaimed Parents as Teachers™ curriculum. **Serving Sussex and Hunterdon counties.**

## Mommy Parties!

| Project Self-Sufficiency     | Journey In Hackettstown           |
|------------------------------|-----------------------------------|
| November 12, 12:00—2:00 p.m. | November 18, 11:00 a.m.—1:00 p.m. |

Meet other women like you! Get the latest information about household safety, parenting, health and wellness, and other topics. Enjoy fun activities and crafts with your child!

### Parenting Programs Build Confidence

#### Address Behavior Issues, Reduce Stress, Build Confidence

Learn practical strategies to address disobedience, mealtime and bedtime strategies, toilet-training, and other topics while reducing stress and boosting confidence.

**ACT Raising Safe Kids Workshops will return in January.**



**Get Help from a Personal Parenting Coach!**

**Individualized Assistance Targeted to Your Needs and Matched to Your Schedule!**

### National Fatherhood Initiative—24:7 Dads

| 24:7 Dads Parenting Course                           |                       |
|------------------------------------------------------|-----------------------|
| Tuesdays & Thursdays at 6:00 p.m.—in person & online | November 4, 6, 11, 13 |

Learn the five characteristics of a 24:7 dad! Improve knowledge, behavior, and skills, help fathers to be more involved with their children, and ultimately strengthen families.

### Project Sussex Kids

#### Sussex County Council for Young Children

#### Home Visitation & Early Childhood Joint Advisory Board Meetings

**Tuesday, December 2, 11:00 a.m., Project Self-Sufficiency**

**Wednesday, December 3, 11:00 a.m., Phillipsburg Housing Authority**

## Connecting NJ

NJ Resources Helping Families Thrive

**Connecting NJ** is a network of partners and agencies dedicated to helping New Jersey families thrive. We provide mothers, fathers, grandparents, and guardians free or affordable access to people, organizations, and other sources of information needed to raise healthy children, such as home visiting programs, NJ Family Care and more.



**We connect New Jersey families - moms, dads, newborns, teens, young adults, and grandparents - with the best health and social resources available in our community.**

## Happening at the Journey Family Success Center!



Helping all families find their path to success!  
For more information, visit [www.journeyfsc.org](http://www.journeyfsc.org).

Virtual programs are open to the public—  
Call 973-940-3500 for log-in information.

### Motivation Monday—Via Zoom

Learn how to stay positive, get help with anxiety, stress, loneliness, self-esteem, and more.

**Mondays, 2:00 p.m.**

Collaborate Effectively  
Present with Purpose  
Delivering Quality Work  
Solving Problems  
Developing Interpersonal Skills

November 3  
November 10  
November 17  
November 24  
December 1



### Career Chat—Via Zoom

Get help identifying your career goals, discuss the job application process, get help with job searching, interviews, and more.

**Mondays, November 10, 24; December 1, 7:00 p.m.**



### Breast Cancer Support Group—Via Zoom

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

**Tuesdays, November 11, December 2, 2:00 p.m.**

### 24:7 Dads Parenting Course—In Person

Facing challenges as a dad? Improve your knowledge, behavior, and skills, strengthen your relationships with children and the whole family.

**Tuesdays & Thursdays, November 4, 6, 11, 14, 6:00 p.m.**

### Workforce Wednesday with Career Center Staff—Via Zoom

Learn how to build a resume; discuss interview skills; address on-the-job issues and workplace topics with Career Center staff.

**Wednesdays, 1:00 p.m.**

Resumes & Cover Letters  
Job Searching  
Interviewing Skills  
First Day on the Job

November 5, December 3  
November 12, December 10  
November 19  
December 3

### Parents' Support Group—Via Zoom

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

**Wednesdays, November 5, 19; December 3, 7:00 p.m.**

### Family Success Center Parent Advisory Council Meeting—In Person & Via Zoom

Join other parents to identify the needs of your family and discuss upcoming activities in your community.

**Tuesday, November 11, 5:00 p.m.**

### Enough Abuse Workshops—Via Zoom

Teens and adults can learn to recognize and prevent abuse and increase awareness of safe practices for potential victims. Offered by the Enough Abuse Campaign, a cooperative effort of [Prevent Child Abuse New Jersey](http://PreventChildAbuseNewJersey.org), Project Self-Sufficiency and the Sussex Warren Partnership to Prevent Child Sexual Abuse.

**Wednesday, November 19, 3:00 p.m.**

### Journey FSC @ Little Sprouts Early Learning Center Family Nights—In Person

Parents and Little Sprouts Early Learning Center students can enjoy games, crafts, themed activities and pizza!

**Wednesdays, November 19 & December 17, 5:30 p.m.**

### Health Equity—Via Zoom

A Community Health Worker will explain 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.

**Thursday, November 13, 3:00 p.m.**

### Ages & Stages Information Session—Via Zoom

Discuss developmental milestones for your young child and learn how to access an online tool to connect with resources for support.

**Thursday, November 20, 3:00 p.m.**

Bring Your Family to the

## Holiday Party

**Tuesday, December 9 • 11:00 a.m.**

**Trinity United Methodist Church  
in Hackettstown**

**Music—Games—Crafts—Pizza!**

**Visit from a Special North Pole Guest**

## Connect with Project Self-Sufficiency & Get on Track for Success!

### Links to Success

Meet Case Managers, learn about current PSS programs, and start laying the groundwork towards your goals at this informative presentation. Required before enrolling in [Career Foundations](#) or [Foundations for Personal Success](#).

**Mondays & Tuesdays, noon, Wednesdays, 11:00 a.m., Thursdays, 1:00 p.m., Fridays, 10:00 a.m.**

### Career Foundations

Begin your journey towards finding meaningful employment with Career Assessments, Goal Setting, and Introduction to Computer Skills. Meet with Career Center staff to map out your next step to employment or education.

**Two week sessions,  
Tuesdays & Thursdays, 10:00 am—noon**

### Foundations for Personal Success

Focus on interpersonal skills such as stress management, effective communication, establishing healthy relationships, nutrition, social media, and other topics.

**Two week sessions,  
Tuesdays & Thursdays, 1:00—3:00 p.m.**

### Happening at the Career Center!

#### Weekly Career Seminars—in person or online!

Contact Project Self-Sufficiency for log-in information.

Individual appointments available following each seminar



#### Resumes & Cover Letters ...

Work on your resume and cover letter with our Career Center staff! Get feedback about writing style, content, and more!

**Mondays, 1:00 p.m.**

November 3, 10, 17, 24; December 1

#### Job Searching ...

Learn how to conduct a productive job search using a variety of resources.

**Tuesdays, 1:00 p.m.**

November 4, 11, 18, 25; December 2

#### Workforce Wednesday/Job Club Support Group ...

Use this group to boost your reach! Review current leads for employment, get feedback from other job seekers, discuss the process and get support. Occasional guest speakers, too!

**Wednesdays, 1:00 p.m.**

November 5, 12, 19; December 4

#### Networking & Social Media ...

Maximize your job search by creating a Linked In profile, managing your professional identity on social media, and building a professional network.

**Thursdays, 1:00 p.m.**

November 6, 13, 20; December 5

#### Career Success & Financial Management ...

Discuss smart strategies for advancing your career. Learn how to create a budget and stick to it!

**Fridays, 11:00 a.m.**

November 7, 14, 21; December 5

#### Open Employment Lab ...

Meet with Career Center staff in person or on Zoom to work on individual career needs: Build your resume, review your cover letter, participate in a mock interview, and get help with your computer skills.

**Tuesdays & Wednesdays, 10:00 a.m.—noon**

November 4, 5, 11, 12, 18, 19, 25; December 2, 3

**Fridays, 1:00—3:00 p.m., or by appointment.**

November 7, 14, 21; December 5

#### Office Skills Training Program for Women

##### Return to the Workforce with Confidence!

The **Higher Opportunities for Women (HOW)** Program combines computer skills training with classroom instruction and on-the-job experience. Women who have been out of the workforce or underemployed are prepared to seek entry-level office administrative positions.

**Tuesdays & Thursdays, 9:30 a.m.—3:00 p.m.**

**Mock Interviews** ... Meet with Career Center staff over Zoom to participate in a practice, virtual interview. **By appointment only. In Person or Via Zoom.**

## Computer Classes

**Microsoft Excel** ... Create spreadsheets, databases and workbooks for use in tracking inventory, sorting data and creating mailing lists. Learn how to add, subtract, multiply and divide rows and columns using formulas and become adept at storing, managing and interpreting data.

**Mondays & Wednesdays, 10:00 a.m.—Noon**

November 3, 5, 10, 12, 17, 19, 24—**In Person**

#### New Jersey Youth Corps

##### Get a High School Diploma!

Registration for the next session of the New Jersey Youth Corps is underway. Teens and adults, ages 16—25, who have not completed high school are moving forward with high school equivalency instruction, vocational training, community service, and receiving **THREE** college credits. **New Jersey Youth Corps graduates are eligible to receive up to \$5,000 towards expenses for tuition, fees, and equipment needed for continuing education!**

**Refer a student and be eligible for a \$100 gift card!**

#### Campus 2 Campus: College IS for You!

Campus 2 Campus is a partnership between **PSS** and **Sussex County Community College** designed to help potential students take the next step towards college and a career.

*Basic Skills Testing—Scholarship Information—Test Anxiety Support—Budget-Friendly Childcare—Application & Financial Aid Forms—Campus Tours—& More!*



**Campus  
2  
Campus**

#### Information Sessions at PSS,

November 13, 10:00 a.m., December 4, 4:00 p.m.

#### November Session:

November 11 (PSS) & November 14 (SCCC), 10:00 a.m.

#### December Session:

December 2 (PSS) & December 5 (SCCC), 10:00 a.m.

#### Bridges to Employing Youth

##### Get on Track to Success!

Pregnant and parenting young adults, ages 18—24, can help with:

**Identifying Career Paths—Parenting Skills—Career Training & Employability Skills—Case Management & Counseling—Transportation & Childcare—Driver's Education**

**Tuesdays & Thursdays, 10am—noon**

November 4, 6, 11, 12, 18, 20, 25; December 2, 4



## Other Project Self-Sufficiency Programs & Services

### Free Legal Assistance & Education

#### Private Phone Consultations with an Attorney



Project Self-Sufficiency provides **FREE** legal assistance through our partnership with the IOLTA Fund of the Bar of New Jersey.

PSS's Legal Assistance Program can provide a range of services including individual consultations on the following topics: Family Law, Bankruptcy, Landlord/Tenant, Elder Law, and Expungement. **Day & evening phone consultations available.**

Free, virtual seminars are hosted by volunteer attorneys about Family Law, Bankruptcy, Landlord-Tenant issues, and other topics through the Journey Family Success Center.

### Pregnancy & Infancy Summit

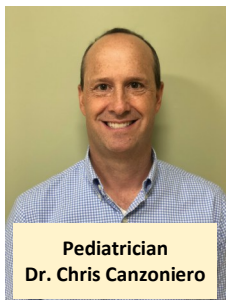
#### For Parents of Young Kids & Mom-to-Be

**Saturday, November 15 • 10:00 a.m.—1:00 p.m.**

Learn everything you need to know about your pregnancy

**AND**

the ABC's and 123's of caring for your infant or toddler



Pediatrician  
Dr. Chris Canzoniero

**Keynote Speaker—Advice from  
Healthcare & Childcare Experts—  
Professional Photos—Free Baby  
Items, Prizes & Giveaways—  
Lunch—Childcare**

### Keeping Families Together

Keeping Families Together is a supportive housing program providing housing vouchers, case management and clinical services in Sussex and Morris counties.

**We are looking for prospective landlords to partner with us!**

#### Benefits for Landlords

- ⇒ Staff Available by Phone 24/7
- ⇒ Consistent On-Time Rent Payments
- ⇒ Risk Mitigation
- ⇒ Reduced Vacancy
- ⇒ Long-term (5 Year) Housing Vouchers
- ⇒ Education and Support for Families to Become Successful Tenants



### Available in Warren County

#### Home Visitation Programs

**Nurse Family Partnership** ... Low-income, first-time mothers are paired with a nurse who visits them throughout the pregnancy and up until the child's second birthday.

**Healthy Families Program** ... For expectant parents and parents of infants. Participation in this program can count toward Work First New Jersey required activities.

#### Connecting NJ at PSS

Connecting NJ at Project Self-Sufficiency links individuals and families to the help they need.

#### "Triple P" Parenting Program

Virtual and in-person parenting classes and support groups teach practical strategies, reduce stress, and boost confidence.

#### Mommy Parties in Hackettstown

Mothers and children can enjoy crafts, lunch, and activities onboard PSS Journey in Hackettstown while picking up tips for parenting, health, and wellness.

**Complete the Ages & Stages Questionnaire online!**



### Childcare & Preschool at Little Sprouts

#### Join Our Little Sprouts Family!

Little Sprouts is a fully licensed day care and preschool facility for children age 6 weeks through 6 years.

**Free Preschool for Newton, NJ, Residents, Ages 3 & 4—Competitive Rates—**

**Convenient Hours & Location—**

**Quality Education using "The Creative Curriculum"—Caring, Professional Staff—**

**State-of-the-Art Facility—Age Appropriate Playgrounds—**

**Half-Day & Full-Day Programs—Subsidized Assistance for Eligible Families**

Take a virtual tour on our website and be sure to **check out our YouTube channel!**

**Call 973-940-3540 to arrange a tour!**

#### Monthly Family Nights at Little Sprouts

Parents and students are invited to enjoy games, dinner, crafts, and fun activities at special Journey Family Success Center Family Nights at the Little Sprouts Early Learning Center.

**Wednesdays, November 19 & December 17, 5:30 p.m.**



### Project Self-Sufficiency Events & Activities Overview

Courses and activities are free and available to active Project Self-Sufficiency participants.

**Contact Project Self-Sufficiency for log-in information.**

#### **Links for Success—In Person**

**Mondays, 12:00 p.m.**  
November 3, 10, 17, 24; December 1  
**Tuesdays, 12:00 p.m.**  
November 4, 11, 18, 25; December 2  
**Wednesdays, 11:00 a.m.**  
November 5, 12, 19; December 3  
**Thursdays, 1:00 p.m.**  
November 6, 13, 20; December 4  
**Fridays, 10:00 a.m.**  
November 7, 14, 21; December 5

#### **Career Foundations—In Person**

**Tuesdays & Thursdays, 10:00 a.m.—noon**  
**November Session One**  
November 4, 6, 11, 13  
**November Session Two**  
November 18, 20  
**December Session**  
December 2, 4

#### **Foundations for Personal Success—**

**In Person**  
**Tuesdays & Thursdays, 1:00—3:00 p.m.**  
**November Session One**  
November 4, 6, 11, 13  
**November Session Two**  
November 18, 20  
**December Session**  
December 2, 4

#### **Open Lab—Online or in person**

**Tuesdays & Wednesdays,**  
**10:00 a.m.—noon**  
November 4, 5, 11, 12, 18, 19, 25; December 2, 3  
**Fridays, 1:00—3:00 p.m., or by**  
**appointment.**  
November 7, 14, 21; December 5

#### **Campus 2 Campus—In person**

**Information Sessions at PSS,**  
*November 13, 10:00 a.m., December 4, 4:00 p.m.*  
**November Session:**  
*November 11 (PSS) & November 14 (SCCC), 10:00 a.m.*  
**December Session:**  
*December 2 (PSS) & December 5 (SCCC), 10:00 a.m.*

#### **Computer Classes**

**Microsoft Excel—In Person**  
**Mondays & Wednesdays, 10:00 a.m.—Noon**  
November 3, 5, 10, 12, 17, 19, 24

#### **Resumes & Cover Letters**

**Mondays, 1:00 p.m.—In Person or Online**  
November 3, 10, 17, 24; December 1

#### **Job Searching**

**Tuesdays, 1:00 p.m.—In Person or Online**  
November 4, 11, 18, 25; December 2

#### **Job Club/Workforce Wednesday—**

**In Person or Online**  
**Wednesdays, 1:00 p.m.**  
November 5, 12, 19; December 3

#### **Networking & Social Media**

**Thursdays, 1:00 p.m.—In Person or Online**  
November 6, 13, 20; December 4

#### **Career Success & Financial Management**

**Fridays, 11:00 a.m.—In Person or Online**  
November 7, 14, 21; December 5

#### **Testing**

**CASAS, Work Readiness, Accuplacer**  
**Fridays, 9:30 a.m.—12:30 p.m.**  
November 7, 14, 21; December 5

#### **New Jersey Youth Corps**

**Monday—Thursday, 10:00 a.m.—4:30 p.m.**  
**Friday, 10:00 a.m.—noon**  
**Register now for the next session!**

#### **Bridges**

**Tuesdays & Thursdays, 10:00 a.m.—noon**  
November 4, 6, 11, 13, 18, 20, 25; December 2, 4

#### **Higher Opportunities for Women**

**Tuesdays & Thursdays, 9:30 a.m.—3:00 p.m.**  
Starts in February!

#### **Mommy Parties**

**Project Self-Sufficiency, noon**  
Wednesday, November 12  
**Hackettstown, 11:00 a.m.**  
Tuesday, November 18

#### **Legal Seminars—Online**

**Thursdays,**  
**Family Law, 7:00 p.m.**  
November 20

#### **Adverse Childhood Experiences**

**Understanding ACEs—Online**  
**Thursday, 3:00 p.m.**  
November 11

#### **Connections Matter**

**English—Online**  
Tuesday, November 18, 2:00 p.m.  
**Español—en línea**  
Miércoles, 19 de Noviembre, 2:00 p.m.

#### **Enough Abuse Workshop—Online**

**Wednesday, 3:00 p.m.**  
November 19

#### **Early Childhood**

**Pregnancy & Infancy Summit**  
November 15, 10:00 a.m.

#### **Home Visitation & Early Childhood Joint**

**Advisory Board Meeting**  
**Tuesday, December 2, 11:00 a.m.,**  
*Project Self-Sufficiency*  
**Wednesday, December 3, 11:00 a.m.,**  
*Phillipsburg Housing Authority*

#### **Holiday Party**

December 9, 11:00 a.m., *Hackettstown*

#### **24:7 Dads Parenting Course**

**Tuesdays and Thursdays, 6:00 p.m.**  
November 4, 6, 11, 13

#### **Family Success Center**

**Motivation Monday—Online**  
**Mondays, 2:00 p.m.**  
November 3, 10, 17, 24; December 1

#### **Career Chat—Online**

**Monday, 7:00 p.m.**  
November 10, 24; December 1

#### **Breast Cancer Support Group—Online**

**Tuesdays, 2:00 p.m.**  
November 11; December 2

#### **Parents' Support Group—Online**

**Wednesdays, 7:00 p.m.**  
November 5, 19; December 3

#### **Ages & Stages Information Session—Online**

**Thursday, 3:00 p.m.**  
November 20

#### **Health Equity Presentation—Online**

**Thursday, 3:00 p.m.**  
November 13

#### **Parent Advisory Council Meeting—In Person**

**& Online**  
**Tuesday, 5:00 p.m.**  
November 11

#### **Family Nights at Little Sprouts**

**Tuesdays, 5:30 p.m.**  
November 19 & December 17

### Coming in January!

#### **ACT Raising Safe Kids Parenting Course**

**Tuesdays, 6:00 p.m.—Online**  
January 20, 27; February 3, 10, 17, 24; March 3, 10

#### **24:7 Dads Parenting Course.—In Person**

**Tuesdays & Thursdays, 6:00 p.m.**  
Beginning January 20th

## Happy Holidays!



# Project Self-Sufficiency Events, November 2025

| Sunday  | Monday                                                                                                                                                      | Tuesday                                                                                                                                                                                                                                                                                                                                                           | Wednesday                                                                                                                                                                                                                                                                                | Thursday                                                                                                                                                                                                                                                               | Friday                                                                                                                                                                   | Saturday                                              |
|---------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|
|         |                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                        |                                                                                                                                                                          | 1                                                     |
| 2       | 3<br>SOH Registration, 10am—4pm<br>NYJC 10am—4:30pm<br>Excel 10am—noon<br>Links for Success, noon<br>Resumes & Cover Letters, 1pm<br>Motivation Monday, 2pm | 4<br>SOH Registration, 10am—4pm<br>Journey, Hackettstown, 9:30am—3:30pm<br>HOW, 9:30am—3pm<br>NYJC 10am—4:30pm<br>Bridges, 10am—noon<br>Open Lab 10am—noon<br>Career Foundations, 10am—noon<br>Links for Success, noon<br>Holiday Party, noon, <i>Hackettstown</i><br>Foundations, 1—3pm<br>Job Searching, 1pm<br>24:7 Dads, 6pm                                  | 5<br>SOH Registration, 10am—4pm<br>Journey, Vernon, 10am—2pm<br>NYJC 10am—4:30pm<br>Excel 10am—noon<br>Open Lab 10am—noon<br>Links for Success, 11am<br>Job Club/Workforce Wednesday, 1pm<br>Parents' Support Group, 7pm                                                                 | 6<br>SOH Registration, 10am—7pm<br>HOW, 9:30am—3pm<br>NYJC 10am—4:30pm<br>Bridges, 10am—noon<br>Career Foundations, 10am—noon<br>Links for Success, 1pm<br>Foundations, 1—3pm<br>Networking & Social Media, 1pm<br>24:7 Dads, 6pm                                      | 7<br>SOH Registration, 10am—4pm<br>Testing, 9:30am—12:30pm<br>NYJC 10am—noon<br>Links for Success, 10am<br>Career Success & Financial Management, 11am<br>Open Lab 1—3pm | 8<br>SOH Registration, 9am—noon                       |
| 9       | 10<br>NYJC 10am—4:30pm<br>Excel 10am—noon<br>Links for Success, noon<br>Resumes & Cover Letters, 1pm<br>Motivation Monday, 2pm<br>Career Chat, 7pm          | 11<br>Journey, Netcong, 10am—2pm<br>HOW, 9:30am—3pm<br>NYJC 10am—4:30pm<br>Bridges, 10am—noon<br>C2C, 10am, PSS<br>Open Lab 10am—noon<br>Career Foundations, 10am—noon<br>Links for Success, noon<br>Foundations, 1—3pm<br>Job Searching, 1pm<br>Breast Cancer Support Group, 2pm<br>Understanding ACEs, 3pm<br>Parent Advisory Council, 5:30pm<br>24:7 Dads, 6pm | 12<br>Journey, Hopatcong, 10am—2pm<br>NYJC 10am—4:30pm<br>Excel 10am—noon<br>Open Lab 10am—noon<br>Links for Success, 11am<br>Mommy Party, noon, PSS<br>Job Club/Workforce Wednesday, 1pm                                                                                                | 13<br>Journey, Franklin, 10am—2pm<br>HOW, 9:30am—3pm<br>NYJC 10am—4:30pm<br>Bridges, 10am—noon<br>C2C, 10am<br>Career Foundations, 10am—noon<br>Links for Success, 1pm<br>Foundations, 1—3pm<br>Networking & Social Media, 1pm<br>Health Equity, 3pm<br>24:7 Dads, 6pm | 14<br>Testing, 9:30am—12:30pm<br>NYJC 10am—noon<br>C2C, 10am, SCCC<br>Links for Success, 10am<br>Career Success & Financial Management, 11am<br>Open Lab 1—3pm           | 15<br><b>Pregnancy &amp; Infancy Summit, 10am—1pm</b> |
| 16      | 17<br>NYJC 10am—4:30pm<br>Excel 10am—noon<br>Links for Success, noon<br>Resumes & Cover Letters, 1pm<br>Motivation Monday, 2pm                              | 18<br>Journey, Hackettstown, 9:30am—3:30pm<br>HOW, 9:30am—3pm<br>NYJC 10am—4:30pm<br>Bridges, 10am—noon<br>Open Lab 10am—noon<br>Career Foundations, 10am—noon<br>Mommy Party, 11am, <i>Hackettstown</i><br>Links for Success, noon<br>Foundations, 1—3pm<br>Job Searching, 1pm<br>Connections Matter, <i>English</i> , 2pm                                       | 19<br>Journey, Vernon, 10am—2pm<br>NYJC 10am—4:30pm<br>Excel 10am—noon<br>Open Lab 10am—noon<br>Links for Success, 11am<br>Job Club/Workforce Wednesday, 1pm<br>Connections Matter, <i>Spanish</i> , 2pm<br>Enough Abuse, 3pm<br>Family Fun Night, 5:30pm<br>Parents' Support Group, 7pm | 20<br>HOW, 9:30am—3pm<br>NYJC 10am—4:30pm<br>Bridges, 10am—noon<br>Career Foundations, 10am—noon<br>Links for Success, 1pm<br>Foundations, 1—3pm<br>Networking & Social Media, 1pm<br>Ages & Stages, 3pm<br>Family Law, 7pm                                            | 21<br>Testing, 9:30am—12:30pm<br>NYJC 10am—noon<br>Links for Success, 10am<br>Career Success & Financial Management, 11am<br>Open Lab 1—3pm                              | 22                                                    |
| 23 & 30 | 24<br>NYJC 10am—4:30pm<br>Excel 10am—noon<br>Links for Success, noon<br>Resumes & Cover Letters, 1pm<br>Motivation Monday, 2pm<br>Career Chat, 7pm          | 25<br>HOW, 9:30am—3pm<br>NYJC 10am—4:30pm<br>Bridges, 10am—noon<br>Open Lab 10am—noon<br>Links for Success, noon<br>Job Searching, 1pm                                                                                                                                                                                                                            | 26<br><b>AGENCY CLOSED</b>                                                                                                                                                                                                                                                               | 27<br><b>AGENCY CLOSED</b>                                                                                                                                                                                                                                             | 28<br><b>AGENCY CLOSED</b>                                                                                                                                               | 29                                                    |



## Project Self-Sufficiency Events, December 2025

| Sunday | Monday                                                                                                                         | Tuesday                                                                                                                                                                                                                                                                                                                     | Wednesday                                                                                                                                                                                                                      | Thursday                                                                                                                                                                                                                     | Friday                                                                                                                                                        | Saturday |
|--------|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
|        | 1<br>NIYC 10am—4:30pm<br>Links for Success, noon<br>Resumes & Cover Letters, 1pm<br>Motivation Monday, 2pm<br>Career Chat, 7pm | 2<br>Journey, Netcong, 10am—2pm<br>HOW, 9:30am—3pm<br>NIYC 10am—4:30pm<br>Bridges, 10am—noon<br>C2C, 10am, PSS<br>Open Lab 10am—noon<br>Career Foundations, 10am—noon<br>Joint Advisory Board Meeting, 11am, PSS<br>Links for Success, noon<br>Foundations, 1—3pm<br>Job Searching, 1pm<br>Breast Cancer Support Group, 2pm | 3<br>Journey, Hopatcong, 10am—2pm<br>NIYC 10am—4:30pm<br>Open Lab 10am—noon<br>Links for Success, 11am<br>Joint Advisory Board Meeting, 11am, Phillipsburg<br>Job Club/Workforce Wednesday, 1pm<br>Parents' Support Group, 7pm | 4<br>Journey, Franklin, 10am—2pm<br>HOW, 9:30am—3pm<br>NIYC 10am—4:30pm<br>Bridges, 10am—noon<br>Career Foundations, 10am—noon<br>Links for Success, 1pm<br>Foundations, 1—3pm<br>Networking & Social Media, 1pm<br>C2C, 4pm | 5<br>Testing, 9:30am—12:30pm<br>NIYC 10am—noon<br>C2C, 10am, SCCC<br>Links for Success, 10am<br>Career Success & Financial Management, 11am<br>Open Lab 1—3pm | 6        |
| 7      | 8<br>NIYC 10am—4:30pm                                                                                                          | 9<br>Journey, Hackettstown, 9:30am—3:30pm<br>NIYC 10am—4:30pm<br>Holiday Party, 11am, Hackettstown                                                                                                                                                                                                                          | 10<br>NIYC 10am—4:30pm<br>Journey, Vernon, 10am—2pm                                                                                                                                                                            | 11<br>NIYC 10am—4:30pm                                                                                                                                                                                                       | 12<br>NIYC 10am—noon                                                                                                                                          | 13       |
| 14     | 15<br>NIYC 10am—4:30pm                                                                                                         | 16<br>NIYC 10am—4:30pm                                                                                                                                                                                                                                                                                                      | 17<br>NIYC 10am—4:30pm<br>Family Fun Night, 5:30pm                                                                                                                                                                             | 18<br>NIYC 10am—4:30pm                                                                                                                                                                                                       | 19<br><b>AGENCY CLOSED</b>                                                                                                                                    | 20       |
| 21     | 22                                                                                                                             | 23                                                                                                                                                                                                                                                                                                                          | 24<br><b>AGENCY CLOSED</b>                                                                                                                                                                                                     | 25<br><b>AGENCY CLOSED</b>                                                                                                                                                                                                   | 26<br><b>AGENCY CLOSED</b>                                                                                                                                    | 27       |
| 28     | 29<br><b>AGENCY CLOSED</b>                                                                                                     | 30<br><b>AGENCY CLOSED</b>                                                                                                                                                                                                                                                                                                  | 31<br><b>AGENCY CLOSED</b>                                                                                                                                                                                                     | <b>AGENCY CLOSED</b><br>January 1, 2026                                                                                                                                                                                      |                                                                                                                                                               |          |

Project Self-Sufficiency and our partners will distribute holiday gifts to over **2,000 children** in Sussex and Warren counties in 2025.



If you're in need of assistance to provide FREE holiday gifts for your children this year, the **Season of Hope Toy Shop** is here for you!

**Register IN PERSON at Project Self-Sufficiency on one of these dates -**

|                       |                         |
|-----------------------|-------------------------|
| Monday, November 3    | 10:00 a.m. to 4:00 p.m. |
| Tuesday, November 4   | 10:00 a.m. to 4:00 p.m. |
| Wednesday, November 5 | 10:00 a.m. to 4:00 p.m. |
| Thursday, November 6  | 10:00 a.m. to 7:00 p.m. |
| Friday, November 7    | 10:00 a.m. to 4:00 p.m. |
| Saturday, November 8  | 9:00 a.m. to 12:00 p.m. |

**What To Bring With You  
To Register:**

**Proof of Residence (bring one)**

*You must be a resident of Sussex or Northern Warren County.*

US postal mail, such as a utility bill  
or Driver's License  
or County ID

**Child Verification (bring one for each child)**

*You must bring documentation for each child you intend to shop for.*

Birth Certificate  
or Report Card/School Record  
or Social Security Card  
or Medical ID Card

No documentation of income will be required, however please be prepared to supply your monthly income and sources of income. All information is strictly for the purpose of registering for the Season of Hope Toy Shop. Your information is 100% confidential. **Only those who have registered** will be admitted to the Toy Shop.



is a service offered to families in need by Project Self-Sufficiency



# November—December 2025 Newsletter

## Find Us Online!

### Websites:

[www.projectselfsufficiency.org](http://www.projectselfsufficiency.org)  
[www.littlesproutsearlylearningcenter.org](http://www.littlesproutsearlylearningcenter.org)  
[www.projectsussexkids.org](http://www.projectsussexkids.org)  
[www.journeyfsc.org](http://www.journeyfsc.org)

### "Like" our Facebook Pages:

[www.facebook.com/ProjectSelfSufficiencyofSussexCounty](https://www.facebook.com/ProjectSelfSufficiencyofSussexCounty)  
[www.facebook.com/LittleSproutsEarlyLearningCenter](https://www.facebook.com/LittleSproutsEarlyLearningCenter)  
[www.facebook.com/JourneyFamilySuccessCenteratPSS](https://www.facebook.com/JourneyFamilySuccessCenteratPSS)  
[www.facebook.com/ProjectSussexKids](https://www.facebook.com/ProjectSussexKids)  
[www.facebook.com/NewJerseyYouthCorpofSussexWarrenCounties](https://www.facebook.com/NewJerseyYouthCorpofSussexWarrenCounties)  
[www.facebook.com/NurseFamilyPartnership](https://www.facebook.com/NurseFamilyPartnership)  
[Facebook.com/ConnectingNJatPSS](https://Facebook.com/ConnectingNJatPSS)

### Instagram:

[@project\\_self\\_sufficiency](https://www.instagram.com/project_self_sufficiency)  
[@journeyfsc\\_at\\_pss/](https://www.instagram.com/journeyfsc_at_pss/)  
[@njyc\\_at\\_pss](https://www.instagram.com/njyc_at_pss)  
[@little\\_sprouts\\_at\\_pss](https://www.instagram.com/little_sprouts_at_pss)  
[@connecting\\_nj\\_at\\_pss/](https://www.instagram.com/connecting_nj_at_pss/)  
[@project\\_sussex\\_kids](https://www.instagram.com/project_sussex_kids)



### Follow us on "X" (formerly known as Twitter)!

[@PssNewJersey](https://twitter.com/PssNewJersey)  
[@SussexKids](https://twitter.com/SussexKids)  
[@ConnectingNJPSS](https://twitter.com/ConnectingNJPSS)

### Blogs:

<https://projectselfsufficiencynj.blogspot.com/>  
<https://projectsussexkids.blogspot.com/>  
<https://journeyfsc.blogspot.com/>  
<https://connectingnjatpss.blogspot.com/>

### Linked In:

<https://www.linkedin.com/company/project-self-sufficiency>  
<https://www.linkedin.com/company/little-sprouts-early-learning-center>

### You Tube:

**Little Sprouts:** [https://www.youtube.com/channel/UCQIQ61-7LfUnZXkN5\\_hpDQ?view\\_as=subscriber](https://www.youtube.com/channel/UCQIQ61-7LfUnZXkN5_hpDQ?view_as=subscriber)  
**Project Self-Sufficiency:** [https://www.youtube.com/channel/UCgiUhYC6oK56wCwJIOrC3Sw?view\\_as=subscriber](https://www.youtube.com/channel/UCgiUhYC6oK56wCwJIOrC3Sw?view_as=subscriber)

### Threads

[https://www.threads.net/@project\\_self\\_sufficiency](https://www.threads.net/@project_self_sufficiency)

