

# Healthy Families

## Home Visitation Program at Project Self-Sufficiency



- ◆ 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 learned about Project Self-Sufficiency's Healthy Family program in the hospital right after I gave birth to my first child. I am a stay-at-home mom. I live with my parents and my 3 kids, ages 6, 3 and 1.

My home visitor is very supportive. She comes to the house and works with the children. She has helped me with coping skills, using car seats, medication, swimming safety and using sunblock. My kids are so happy to see her when she comes. She brings me clothing and food and supplies for the kids. We talk about everything.

I like to go to the Mommy parties at Project Self-Sufficiency. We usually do arts and crafts, and they read to the kids. Now, I attend the Mommy Parties on Zoom. It's pretty cool. They read storybooks and do music for the kids. We talk about all different kinds of things.

I had coronavirus and I am anxious about my kids getting it. I had pneumonia and my whole body was aching. When they finally tested me for the Coronavirus, the test came back positive. I begged them to keep me in the hospital, because I have kids and I live with my parents who are older. I didn't want any of them to catch it. I was sick for 14 days. My Mom caught it right after I started to feel better.

Right now it's very hard because we're on lockdown, the kids are not in school and they are bored. I am looking forward to when the weather gets nicer and we can go into the backyard.

I would definitely recommend Project Self-Sufficiency's Healthy Families program to a friend. Without my home visitor, I would be lost.

**To enroll, or to find out more about the Healthy Families program at Project Self-Sufficiency, call 973-940-3500 or visit [www.projectsselfsufficiency.org](http://www.projectsselfsufficiency.org).**