

# Project Self-Sufficiency *Newsletter*



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The Agency will be closed July 3, 2026.

July – August 2026

## Job Training for Women

### Summer Office Skills for Women Starts in July

Boost your confidence, brush up on your computer skills, get help with your resume and resume and interviewing, receive on-the-job experience at a community work site, and more.

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



## New Jersey Youth Corps Enrolling Now

### Get College Credits & A High School 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 dropouts 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 July!**

- 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.



## Summer Jobs for Teens

### Paid Job Training for High School Sophomores & Juniors

A limited number of positions will be available in the Summer Youth Employment Program during July and August. Rising high school sophomores and juniors will receive paid employability skills instruction and on-the-job training. Eligibility guidelines include family income, transportation status, current enrollment in high school, and other factors. Free transportation to and from Project Self-Sufficiency will be provided to participants; use of the transportation program, interviews, and references from high school staff members are required. Those who have previously participated in the Summer Youth Employment Program are ineligible. Space is limited; call 973-940-3500 for application information.



**Monday – Thursday**

**July 6 – August 6**

**9am – 3:30pm**

## 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.**

## Parenting Classes

### Courses Targeted to All Parents & Just Dads

Improve your parenting skills, get help with anger management, positive discipline, and more. In-person and online options.

- **ACT Raising Safe Kids**, Tuesdays, 6:00 p.m., starting July 14
- **24:7 Dads**, Tuesdays & Thursdays, 6:00 p.m., starting August 18

**DON'T MISS THE BACK-TO-SCHOOL Fair!**

**Thursday, August 20<sup>th</sup>, 2:00 – 6:00 p.m.**

*Advance Registration Required.*

# Goings on at Project Self-Sufficiency

## Young and Need Help?

**Check Out Bridges to Employing Youth!**

**Tuesdays & Thursdays, 1:00 – 3:00 p.m.**



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

## Office Skills Training Program for Women

### Summer Office Skills

Rejuvenate your skills with the Higher Opportunities for Women employment skills training program.

### Microsoft Office Computer Training:

Basic Computer Skills—Microsoft Word, Excel, PowerPoint & Outlook

### Employability Skills:

Resumes & Cover Letters—

Job Search Techniques—Interview Skills

**Tuesdays & Thursdays, 9:30am–3pm, beginning July 6th!**



## College Could be for You!

### Campus 2 Campus!



Take the next step towards college and a career with the Campus 2 Campus program!

**C2C Class at PSS: July 21, August 18, 10:00 a.m.**

**SCCC Info Sessions at PSS: July 23, 10:00 a.m., August 27, 2:00 p.m.**

**SCCC Tour Dates: July 24, August 21, 10:00 a.m.**

## Get a High School Diploma

### New Jersey Youth Corps Starts in July!

- High school diploma
- Three college credits
- Work experience
- Transportation
- Childcare
- \$5000 towards tuition or equipment



## Nourish to Flourish Food Pantry Hours

**Tuesday & Wednesday, 10:00 a.m. – 1:00 p.m.**

**Thursday, 10:00 a.m. – 1:00 p.m. & 4:00 – 6:00 p.m.**

**Pre-bagged food available, Monday - Friday, 9:00 a.m. – 5:00 p.m.**

## Journey Schedule

**Franklin, 10am – 2pm**

July 9, 23

August 20

**Hackettstown, 9:30am – 3:30pm**

July 14, 28

August 11, 25

**Hopatcong, 10am – 2pm**

July 8, 22

August 19

**Netcong, 10am – 2pm**

July 7, 21

August 18

**Vernon, 10am – 2pm**

July 1, 15, 29

August 12, 26

**Look for us at the New Jersey State Fair, July 31 – August 8!**

## Help for Moms and Parents-to-Be

### Learn about Nutrition & Breastfeeding

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



### Baby Beginnings, 1:00 p.m.

- Infant & Child Water Safety, July 23rd
- Preparing for Baby's First Year, August 27th

## Adverse Childhood Experiences

### Learn about the Impact of Childhood Trauma

Explore the impact of childhood trauma, discuss the importance of supportive connections, and address methods for building resilient communities. Workshops held via Zoom.

Connections Matter (English)	Connections Matter (Spanish)	Understanding ACEs
Tuesday, July 21, 2:00 p.m.	Thursday, July 22, 2:00 p.m.	Wednesday, August 19, 2:00 p.m.

## Back-to-School Fair

### Community Resources, Backpacks, School Supplies

Get ready for the new school year at the annual Back-to-School Fair! Backpacks crammed with new school supplies and up-to-date information to get you and your children prepared for the new school year.

**Thursday, August 20<sup>th</sup> – Must Register in Advance!**

## Early Childhood & Connecting NJ

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.

Nurse Family Partnership	Healthy Families	Parents as Teachers
Low-income mothers are paired with a nurse who visits them throughout the pregnancy and up until the child's 2 <sup>nd</sup> birthday. <i>Serving Sussex, Warren, &amp; Hunterdon Counties.</i>	For expectant parents and parents of infants. Participation in this program can count towards Work First NJ required activities. <i>Serving Sussex &amp; Northern Warren Counties.</i>	For those who are pregnant or parenting an infant or toddler. Using the nationally-acclaimed Parents as Teachers curriculum. <i>Serving Sussex &amp; Hunterdon Counties.</i>

### Help for Expectant & New Parents

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.

Lunch, Learn & Grow at a Mommy Party!	
Project Self-Sufficiency	Hackettstown
July 8 & August 4*, Noon	July 14 & August 25 11:00 a.m.

*\* We're taking the Mommy Party on the road to the New Jersey State Fair at the Sussex County Fairgrounds on August 4th!*

### Help for Parents

#### 24:7 Dads Parenting Class

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. In-person or by Zoom.



**Tuesdays & Thursdays, 6:00 p.m.**  
July 2, 7, 9, 14, 16, 21, 23, 28, 30  
**New session starts August 18<sup>th</sup>!**



**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.**



#### ACT Parenting Course

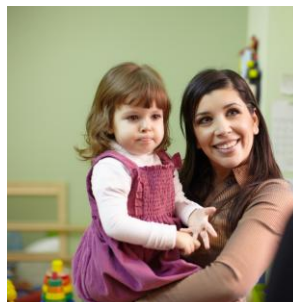
ACT Parenting classes use the nationally recognized **ACT Raising Safe Kids** program to teach positive parenting skills, prevent violence, and foster effective anger management. Developed by the American Psychological Association. Offered via Zoom.



**Tuesdays at 6:00 p.m.**

July 14, 21, 28, August 4, 11, 18, 25, September 1

#### One-on-One Parenting Coaches Available



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

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

**Motivation Monday—Via Zoom**

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

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

Budgeting that Works	July 6
Strong Support Network	July 13
Self-Care	July 20
Vision Planning	July 27
Goal-Setting	August 3
Financial Habits	August 10
Finding Purpose	August 17
Strengths & Talents	August 24
Conflict Resolution	August 31

**Career Chat—Via Zoom**

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

**Mondays, July 13, 27; August 10, 24, 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, July 7, August 11, 2:00 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	July 1, August 6
Job Searching	July 8, August 13
Interviewing Skills	July 15
Linked In	July 22, August 27
Introduction to Google Docs	July 29

**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.

**Tuesdays, July 7, August 4, 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](#), Project Self-Sufficiency and the Sussex Warren Partnership to Prevent Child Sexual Abuse.

**Wednesdays, July 15, August 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, July 29, August 26, 5:30 p.m.**

**Parents' Support Group—Via Zoom**

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

**Wednesdays, July 15, 29; August 12, 26, 7:00 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.

**Thursdays, July 9, August 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.

**Thursdays, July 16, August 20, 3:00 p.m.**

**Bring the Kids to the**  
**Back-to-School Fair!**

**Thursday, August 20<sup>th</sup> • 2:00 – 6:00 p.m.**

**Up-to-Date Information about  
Community Programs & Services**

**Children's Activities & Fun for the Whole Family**

**Music – Games – Crafts – Dinner**

***New Backpacks & School Supplies***

**Connect with Project Self-Sufficiency and 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, 11am; Thursdays, 1pm; Fridays, 10am**

**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 steps to employment or education.

**Two-week sessions:  
Tuesdays & Thursdays, 10am - 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 – 3pm**

## Career & Employment Training

**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.**

July 6, 13, 20, 27; August 3, 10, 17, 24, 31

### Job Searching

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

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

July 7, 14, 21, 28; August 4, 11, 18, 25

### 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.**

July 1, 8, 15, 22, 29; August 5, 12, 19, 26

### 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.**

July 2, 9, 16, 23, 30; August 6, 13, 27

### Financial Management

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

**Thursdays, 3:00 p.m.**

July 2, 9, 16, 23, 30; August 6, 13, 27

### 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 & Thursdays, 10:00 a.m.—noon, 3:00 – 4:30 p.m.**

July 2, 7, 9, 14, 16, 21, 23, 28, 30; August 4, 6, 11, 13, 18, 25, 27

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

July 10, 17, 24, 31; August 7, 14, 21, 28

### Mock Interviews

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

### Office Skills Training Program for Women

The **Summer Office Skills (SOS)** 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.**

**Starts July 7th!**

## Computer Classes

**Microsoft Word – In Person**

Learn word-processing, create professional-looking letters, newsletters, and other documents. Use mail merge features to print mailing labels and address letters to multiple recipients.

**Tuesdays & Thursdays, 10am – noon**

July 2, 7, 9, 14, 16, 21, 23, 28, 30

**Microsoft Excel – In Person**

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.

**Tuesdays & Thursdays, 10am – noon**

August 4, 6, 11, 13, 18, 25, 27

### 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!*

**C2C Class at PSS:**

July 21 & August 19, 10:00 a.m.

**SCCC Info Sessions at PSS:**

July 23, 10:00 a.m. & August 27, 2:00 p.m.

**SCCC Tour Dates:**

July 24 & August 22, 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**

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

July 2, 7, 9, 14, 16, 21, 23, 28, 30;

August 4, 6, 11, 13, 18, 25, 27

## Additional Programs & Services

### Free Legal Assistance & Education

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

The agency'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 seminars are hosted by volunteer attorneys via Zoom regarding Family Law, Bankruptcy, Landlord-Tenant issues, and other topics.**

### Help for Parents & Moms-to-Be

#### Expert Advice, Free Baby Items

Learn everything you need to know about your pregnancy and caring for your infant or toddler.

**Advice from Healthcare & Childcare Experts—Free Baby Items, Prizes & Giveaways—Lunch—Childcare**

#### Baby Beginnings, 1:00 p.m.

- **Infant & Child Water Safety, July 23rd**
- **Preparing for Baby's First Year, August 27th**



### 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

**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!**



## Happening at the Little Sprouts Early Learning Center!

### Childcare & Preschool

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**
- Convenient Hours & Location**
- Caring, Professional Staff**
- Age-Appropriate Playgrounds**
- Subsidized Assistance for Eligible Families**

#### Competitive Rates

- Quality Education using "The Creative Curriculum"**
- State-of-the-Art Facility**
- Half-Day & Full-Day Programs**



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, July 29, August 26, 5:30 p.m.**



## Activities at a Glance

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.**

July 6, 13, 20, 27; August 3, 10, 17, 24, 31

#### **Tuesdays, 12:00 p.m.**

July 7, 14, 21, 28; August 4, 11, 18, 25

#### **Wednesdays, 11:00 a.m.**

July 1, 8, 15, 22, 29; August 5, 12, 19, 26

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

July 2, 9, 16, 23, 30; August 6, 13, 27

#### **Fridays, 10:00 a.m.**

July 10, 17, 24, 31; August 7, 14, 21, 28

### Career Foundations—*In Person*

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

##### **July Session One**

July 7, 9, 14, 16

##### **July Session Two**

July 21, 23, 28, 30

##### **August Session One**

August 4, 6, 11, 13

##### **August Session Two**

August 18, 25, 27

### Foundations for Personal Success—

#### *In Person*

#### **Tuesdays & Thursdays, 1:00—3:00 p.m.**

##### **July Session One**

July 7, 9, 14, 16

##### **July Session Two**

July 21, 23, 28, 30

##### **August Session One**

August 4, 6, 11, 13

##### **August Session Two**

August 18, 25, 27

### Open Lab—*Online or In Person*

#### **Tuesdays & Thursdays,**

**10:00 a.m.—noon, 3:00 – 4:30 p.m.**

July 2, 7, 9, 14, 16, 21, 23, 28, 30;

August 4, 6, 11, 13, 18, 25, 27

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

**appointment.**

July 10, 17, 24, 31; August 7, 14, 21, 28

### Campus 2 Campus—*In Person*

#### **C2C Class at PSS:**

July 21 & August 19, 10:00 a.m.

#### **SCCC Info Sessions at PSS:**

July 23, 10:00 a.m. & August 27, 2:00 p.m.

#### **SCCC Tour Dates:**

July 24 & August 21, 10:00 a.m.

### Computer Classes

#### **Tuesdays & Thursdays, 10am – noon**

##### **Microsoft Word—*In Person***

July 2, 7, 9, 14, 16, 21, 23, 28, 30

##### **Microsoft Excel—*In Person***

August 4, 6, 11, 13, 18, 25, 27

### Resumes & Cover Letters

#### **Mondays, 1:00 p.m.—*In Person or Online***

July 6, 13, 20, 27; August 3, 10, 17, 24, 31

### Job Searching

#### **Tuesdays, 1:00 p.m.—*In Person or Online***

July 7, 14, 21, 28; August 4, 11, 18, 25

### Job Club/Workforce Wednesday—

#### *In Person or Online*

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

July 1, 8, 15, 22, 29; August 5, 12, 19, 26

### Networking & Social Media

#### **Thursdays, 1:00 p.m.—*In Person or Online***

July 2, 9, 16, 23, 30; August 6, 13, 27

### Financial Management

#### **Thursdays, 3:00 p.m.—*In Person or Online***

July 2, 9, 16, 23, 30; August 6, 13, 27

### Testing

#### **CASAS, Work Readiness, Accuplacer**

#### **Fridays, 9:30 a.m.—12:30 p.m.**

July 10, 17, 24, 31; August 7, 14, 21, 28

### 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, 1:00—3:00 p.m.**

July 2, 7, 9, 14, 16, 21, 23, 28, 30;

August 4, 6, 11, 13, 18, 25, 27

### Summer Office Skills

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

**Starts in July!**

### Mommy Parties

#### **Project Self-Sufficiency, noon**

Wednesday, July 8 & Tuesday, August 4

#### **Hackettstown, 11:00 a.m.**

Tuesdays, July 14 & August 25

### Legal Seminar—*Online*

#### **Thursday,**

**Family Law, 7:00 p.m.**

July 30

### Adverse Childhood Experiences

#### **Understanding ACEs—*Online***

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

August 19

#### **Connections Matter, English—*Online***

Tuesday, July 21, 2:00 p.m.

#### **Español—*en línea***

Jueves, 22 de Julio, 2:00 p.m.

#### **Enough Abuse Workshop—*Online***

**Wednesdays, 3:00 p.m.**

July 15, August 19

### Early Childhood

#### **Baby Beginnings—*In Person***

July 23, August 27, 1:00 p.m.

### Home Visitation & Early Childhood Joint

#### **Advisory Board Meeting**

**Tuesday, September 1, 11:00 a.m.,**

*Phillipsburg Housing Authority*

**Wednesday, September 2, 11:00 a.m.,**

*Project Self-Sufficiency*

#### **24:7 Dads Parenting Course—*In Person or Online***

**Tuesdays and Thursdays, 6:00 p.m.**

July 2, 7, 9, 14, 16, 21, 23, 28, 30

*New session starts August 18<sup>th</sup>!*

#### **ACT Parenting Course—*Online***

**Tuesdays, 6:00 p.m.**

July 14, 21, 28, August 4, 11, 18, 25,

September 1

*New session starts September 15<sup>th</sup>!*

### Family Success Center

#### **Motivation Monday—*Online***

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

July 6, 13, 20, 27; August 3, 10, 17, 24, 31

#### **Career Chat—*Online***

**Monday, 7:00 p.m.**

July 13, 27; August 10, 24

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

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

July 7, August 11

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

**Wednesdays, 7:00 p.m.**

July 15, 29; August 12, 26

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

**Thursdays, 3:00 p.m.**

July 9, August 13

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

***Online***

**Thursdays, 3:00 p.m.**

July 16, August 20

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

***Person & Online***

**Tuesdays, 5:00 p.m.**

July 7, August 4

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

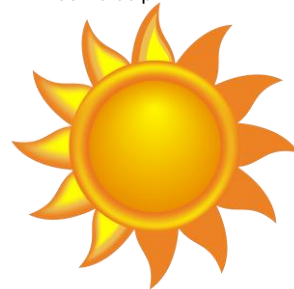
**Tuesdays, 5:30 p.m.**

July 29, August 26

### Back to School Fair

**Thursday, August 20**

2:00 – 6:00 p.m.



*Have a  
beautiful  
summer!*



# August Events

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						<b>1</b> Journey at the Fair
	<b>3</b> Journey at the Fair NJYC, 10am – 4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm	<b>4</b> Journey at the Fair SOS, 9:30am – 3pm NJYC, 10am – 4:30pm OpenLab, 10am–noon&3–4:30pm Career Foundations, 10am – noon Excel, 10am – noon Links for Success, 1pm Mommy Party, noon PSS Foundations, 1 – 3pm Bridges, 1 – 3pm Job Searching, 1pm Parent Advisory Council, 5pm ACT Parenting Class, 6pm	<b>5</b> Journey at the Fair NJYC, 10am – 4:30pm Links for Success, 11am Workforce Wednesday, 1pm Parents' Support Group, 7pm	<b>6</b> Journey at the Fair SOS, 9:30am – 3pm NJYC, 10am – 4:30pm OpenLab, 10am–noon&3–4:30pm Career Foundations, 10am – noon Excel, 10am – noon Links for Success, 1pm Bridges, 1 – 3pm Networking & Social Media, 1pm Health Equity, 3pm Financial Management, 3pm	<b>7</b> Journey at the Fair Testing, 9:30am – 12:30pm NJYC, 10am – noon Links for Success, 10am Open Lab 1 – 3pm	<b>8</b> Journey at the Fair
<b>9</b>	<b>10</b> NJYC, 10am – 4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm Career Chat, 7pm	<b>11</b> Journey in Hackettstown, 9:30am – 3:30pm SOS, 9:30am – 3pm NJYC, 10am – 4:30pm OpenLab, 10am–noon&3–4:30pm Career Foundations, 10am – noon Excel, 10am – noon Links for Success, noon Foundations, 1 – 3pm Bridges, 1 – 3pm Job Searching, 1pm Breast Cancer Support Group, 2pm ACT Parenting Class, 6pm	<b>12</b> Journey in Vernon, 10am – 2pm NJYC, 10am – 4:30pm Links for Success, 11am Workforce Wednesday, 1pm Parents' Support Group, 7pm	<b>13</b> SOS, 9:30am – 3pm NJYC, 10am – 4:30pm OpenLab, 10am–noon&3–4:30pm Career Foundations, 10am – noon Excel, 10am – noon Links for Success, 1pm Foundations, 1 – 3pm Bridges, 1 – 3pm Networking & Social Media, 1pm Health Equity, 3pm Financial Management, 3pm	<b>14</b> Testing, 9:30am – 12:30pm NJYC, 10am – noon Links for Success, 10am Open Lab 1 – 3pm	<b>15</b>
<b>16</b>	<b>17</b> NJYC, 10am – 4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm	<b>18</b> Journey in Netcong, 10am – 2pm SOS, 9:30am – 3pm NJYC, 10am – 4:30pm OpenLab, 10am–noon&3–4:30pm Career Foundations, 10am – noon Excel, 10am – noon Links for Success, noon Foundations, 1 – 3pm Bridges, 1 – 3pm Job Searching, 1pm ACT Parenting Class, 6pm 24:7 Dads, 6pm	<b>19</b> Journey in Hopatcong, 10am – 2pm NJYC, 10am – 4:30pm OpenLab, 10am–noon&3–4:30pm Career Foundations, 10am – noon Workforce Wednesday, 1pm Understanding ACEs, 2pm Enough Abuse, 3pm	<b>20</b> SOS, 9:30am – 3pm NJYC, 10am – 4:30pm <b>Back-to-School Fair, 2 – 6pm</b> Ages & Stages, 3pm 24:7 Dads, 6pm	<b>21</b> Testing, 9:30am – 12:30pm NJYC, 10am – noon Links for Success, 10am Open Lab 1 – 3pm	<b>22</b>
<b>23</b>	<b>24</b> NJYC, 10am – 4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm Career Chat, 7pm	<b>25</b> Journey in Hackettstown, 9:30am – 3:30pm SOS, 9:30am – 3pm NJYC, 10am – 4:30pm OpenLab, 10am–noon&3–4:30pm Career Foundations, 10am – noon Excel, 10am – noon Links for Success, noon Foundations, 11am, Mommy Party, 11am, Hackettstown Links for Success, noon Job Searching, 1pm Foundations, 1 – 3pm Bridges, 1 – 3pm ACT Parenting Class, 6pm 24:7 Dads, 6pm	<b>26</b> Journey in Vernon, 10am – 2pm NJYC, 10am – 4:30pm Links for Success, 11am Workforce Wednesday, 1pm Family Fun Night, 5:30pm Parents' Support Group, 7pm	<b>27</b> SOS, 9:30am – 3pm NJYC, 10am – 4:30pm OpenLab, 10am–noon&3–4:30pm Career Foundations, 10am – noon Excel, 10am – noon Links for Success, 1pm Bridges, 1 – 3pm Networking & Social Media, 1pm Baby Beginnings, 1pm C2C, 2pm Financial Management, 3pm 24:7 Dads, 6pm	<b>28</b> Testing, 9:30am – 12:30pm NJYC, 10am – noon Links for Success, 10am Open Lab 1 – 3pm	<b>29</b>
<b>30</b>	<b>31</b> NJYC, 10am – 4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm					

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got this!  
And you've  
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**Project Self-Sufficiency** is a community-based organization devoted to building strong futures by helping parents and children succeed together.

We offer three *free, voluntary & confidential* **HOME VISITATION** programs to meet the needs of first-time moms-to-be, new moms, and moms of toddlers.

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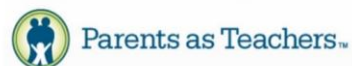


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July – August 2026 Newsletter

