

Healthy Families

Family Support Program at Project Self-Sufficiency



- ◆ Free, Personalized Support for Sussex & Warren County Residents
- ◆ Get Advice about Work, Goal-Setting, Relationships
- ◆ Discuss Parenting, Nutrition, Health, Development, Literacy & More



I was in my last trimester when I started with the Healthy Families program, so I've been working with my family support worker for more than two years now. I was nervous about becoming a mother mostly because I had zero experience with children. My main concern was how to take care of them. I wasn't sure if my son and I would connect with each other. My family support worker gave me articles about childbirth and information about breastfeeding. I was surprised that being a mom is a little easier than I thought it was going to be.

I would definitely recommend Project Self-Sufficiency's Healthy Families program to a friend. The Healthy Families program has various resources that you might need to help you with questions you might have about children. Right now, my family support worker and I are talking about my son's 2-year milestones. We talk about what is normal and what is not normal, for his speech, his development, and other things. She has up-to-date information about recent studies and she usually brings activities for my son.

Once the Coronavirus is past, my son will be able to start school. He was enrolled for a few weeks right before the pandemic hit, but we had to pull him out. He needs to be with other children now.

Thanks to my family support worker, I can raise my son with confidence.

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.