

# Virtual Services @ Project Self-Sufficiency

Help Today. Strength Tomorrow.



January—February 2022

## Support Groups

### Women's Support Group

Are you looking for other women to form a support system? Want to share your experiences with others and get tips on coping? This support group is for you!

**Mondays @ 7:00 p.m.** January 3, 10, 24, 31; February 7, 14, 28

### Breast Cancer Support Group

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

**Tuesdays @ 2:00 p.m.** January 11 & February 8

### Parenting Support Group with Therapist Diane Lang

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

**Wednesdays @ 7:00 p.m.** January 5, 12, 19, 26; February 2, 9, 16, 23



## Health & Wellness

### Motivation Monday with Therapist Diane Lang

Struggling with loneliness, stress or anxiety? Join author, therapist and life coach Diane Lang for an exploration of topics designed to help you stay positive and manage the complex emotions of this difficult time.

**Mondays @ 2:00 p.m.** January 10, 24, 31; February 7, 14, 28

### Health Equity

A Community Health Worker will discuss 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 @ 3:00 p.m.** January 13, 27; February 10, 24

### Enough Abuse Child Sexual Assault Prevention

Learn to recognize and prevent child sexual abuse and discuss safe practices for potential victims.

**Wednesdays 3:00 p.m.** January 19 & February 16

### Pizza & PACEs

Discuss the impact of Adverse Childhood Experiences (ACEs) and trauma on mental and physical development; address methods for building compassionate, resilient communities.

**Mondays 5:30 p.m.** January 24; February 7, 28

## Career Help

### Workforce Wednesday

Looking for a job? Considering a career change? The PSS Career Center staff is here to help with your job search, resume, cover letter, interview skills, workplace etiquette, & more.

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

January 5, 12, 19, 26;

February 2, 9, 16, 23

## Let's Celebrate!

### Martin Luther King Day

January 13 @ 2:00 p.m.

### Valentine's Day

February 10 @ 4:00 p.m.

**Call 973-940-3500  
for log-in links!**

## Child Development Tools & Tips, Help for New Moms

### Mommy Parties

Join us for fun parent-child activities over lunch. It's a great place to get valuable information about parenting, learn about fun games and crafts for kids, and connect with other parents and children.

**Wednesdays, English @ 11:00 a.m.; Espanol @ 12:00 p.m.**

January 12 & February 9

### Ages & Stages Information Session

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

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

January 6, 20; February 3, 17

*Sussex County Family Success Center services are offered by Project Self-Sufficiency with support from the New Jersey Department of Children & Families*

