

Project Self-Sufficiency NEWSLETTER

March—April 2023

127 Mill Street, Newton, NJ 07860 ★ 973-940-3500 ★ pss@projectselfsufficiency.org
www.projectselfsufficiency.org

The Agency will be closed April 7, 2023.

Career Fair in April

Meet employers who are eager to hire!

Bring your resume to the Spring Career Fair at Project Self-Sufficiency! Discuss current job openings with employers, attend seminars about job searching techniques, and get feedback on your interview skills.

Thursday, April 13th, 10:00 a.m.—2:00 p.m.



New Jersey Youth Corps Enrolling Now

Get College Credits While You Work Towards Your Diploma!

Did you know that you can get **THREE college credits** from Sussex County Community College while you work towards your 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. **Need a diploma or know someone who does? Check it out!**

PSS Journey Comes to Hackettstown

Did you know Project Self-Sufficiency's mobile service vehicle, PSS Journey, is now available in Hackettstown? Check out the free food, internet access, career help, and other resources available on board!

Family Health Expo in April

Bring the Kids!

Get up-to-the minute info about health resources for the whole family; free health screenings and interactive exhibits.

Thursday, April 27, 4—7pm

Parenting Classes Start in April

Developed by the American Psychological Association

Build positive parenting skills, prevent behavioral problems, and encourage effective anger management by attending this virtual series. **Tuesdays at 6:00 p.m.—Via Zoom**

April 11, 18, 25; May 2, 9, 16, 23, 30

Learn about Adverse Childhood Experiences



Connections Matter & Understanding ACEs

Connections Matter

Discuss issues surrounding positive and adverse childhood experiences and learn how caring connections can buffer the negative impact of trauma. **Available in English and in Spanish!**

Understanding ACEs

Learn how stress in early childhood can impact brain development, and find sustainable solutions to dramatically improve health and resilience.

Sister-to-Sister Prom Shop Returns!



**March 27, 28,
29, 30,**

**April 3, 4, 5,
3—7pm**

**March 31, April
6,
3—5pm**

**April 1,
9am—1pm**



Thursday, March 30, 6:00 p.m.

**Games—Crafts—
Music—Easter Egg
Hunt—and a Visit from
a Special, Floppy-Eared
Friend!**

What's New at Project Self-Sufficiency?



Join us for a discussion of the issues surrounding Positive & Adverse Childhood Experiences (PACES) at Project Self-Sufficiency!

**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.

Call 973-940-3500 to sign up.

Connections Matter is a program funded by the **NJ Department of Children and Families** and led by **Prevent Child Abuse NJ** designed to engage providers, parents and community members in building caring connections to improve resiliency. Learn how to prevent Adverse Childhood Experiences and trauma and demonstrate how caring connections serve as a primary buffer in the negative effects of trauma.

English

March 7, 5pm
(Franklin Library)

English

April 6, 2pm
(Zoom)

Español

20 de Abril, 2pm
(Zoom)

PACES Stakeholder Group Meeting

March 28, 10:00 a.m.

Understanding ACEs

Parents, Caregivers, Community Providers

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.

Thursday,

March 23, 2:00 p.m.



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. To learn more, call 973- 940-3500, or visit www.projectselfsufficiency.org.



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

Now in Warren County!

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

Look for the free computer help, food, and other assistance available near you!

Franklin, 10am—2pm

March 9, 23; April 6, 20

Hackettstown, 9:30am—3:30pm

March 14, 28; April 11, 25

Hopatcong, 10am—2pm

March 8, 22; April 5, 19

Netcong, 10am—2pm

March 7, 21; April 4, 18

Vernon, 10am—2pm

March 1, 15, 29;
April 12, 26



Follow Us on Facebook!

[Facebook.com/PSSJourney](https://www.facebook.com/PSSJourney)

Free Legal Advice & Education

Consultations ... Get FREE advice from an attorney about divorce, bankruptcy, landlord tenant issues and more over the phone. **By appointment only; call 973-940-3500.**

Virtual Seminars ... Learn about Family Law, Elder Law, Bankruptcy, Foreclosure, Expungement, Landlord-Tenant issues, and other topics without leaving the comfort of your own home. **Meetings take place via Zoom; call 973-940-3500 for log-in details.**

Get Your Driver's License

Bridges to Employing Youth

Young adults, ages 16—24, who are pregnant or parenting can get their driver's license at Project Self-Sufficiency through the Bridges to Exploring Youth program! Enrolled students can receive the behind-the-wheel coursework, obtain a learner's permit, and prepare for the New Jersey Motor Vehicle Commission Knowledge Test while accessing the other supportive services offered by the agency. The Bridges to Employing Youth initiative assists pregnant and parenting young adults with a range of comprehensive supportive services while they work towards parenting and employment goals. Program participants are poised to move on to higher education, unsubsidized employment, occupational training, apprenticeships, or military service.



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 or in a safe, socially distant setting 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.

In Person **Mommy Parties!**

Meet other women like you! **Our monthly Mommy Parties are meeting in person!** Get the latest information about household safety, parenting, health and wellness, and other topics. Enjoy fun activities and crafts with your child!

Wednesdays @ noon
March 8 & April 12



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



**Got
Questions?**

**Call us at
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.

Project Sussex Kids

Sussex County Council for Young Children



Steering Committee Meeting

Tuesday, March 7, 11:00 a.m.

PACEs Stakeholder Group Meeting

Tuesday, March 28, 10:00 a.m.

Sussex/Warren/Hunterdon Home Visitation & Early Childhood Joint Advisory Board Meeting

Tuesday, April 18, 11am, Phillipsburg Housing Authority

Wednesday, April 19, 11am, Project Self-Sufficiency

Applications accepted on our websites!

Visit www.projectsselfsufficiency.org or

www.projectsussexkids.org for more information.



Get Connected!

Pregnant or parenting young children? Stay up-to-date on PSS news through our social media designed just for you!

Nurse Family Partnership

Facebook: www.facebook.com/NurseFamilyPartnership

Instagram: [@nfp_at_pss](https://www.instagram.com/nfp_at_pss)

Connecting NJ at PSS

Facebook: [Facebook.com/ConnectingNJatPSS](https://www.facebook.com/ConnectingNJatPSS)

Instagram: [@connecting_nj_at_pss/](https://www.instagram.com/connecting_nj_at_pss/)

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

Blog: connectingnjatpss.blogspot.com/

Project Sussex Kids

Facebook: www.facebook.com/ProjectSussexKids

Instagram: www.instagram.com/project_sussex_kids/

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

Website: www.projectsussexkids.org

Blog: <http://projectsussexkids.blogspot.com/>



What's Happening at the Journey Family Success Center?



Helping all families find their path to success!
For more information, visit
www.journeyfsc.org.

Virtual Programming all Week Long!

Motivation Monday with Special Guest Speakers

Learn how to stay positive, get help with anxiety, stress, loneliness, self-esteem; explore other topics, too.

Mondays, 2:00 p.m.

Breaking Bad Habits	March 6
Knowing When Enough is Enough	March 13
Tips for Positivity	March 20
It's Okay to Fail	March 27
How Culture Shapes our Worldview	April 3
Waking Up Happy	April 10
Emotional & Mental Expectations as We Age	April 17
Discovering Inspirations	April 24

Women's Support Group

Share your experiences with other women; get tips on coping, time management, meeting everyday challenges; offer feedback to others in similar situations, and more!

Mondays, March 6, 13, 20, 27; April 3, 10, 17, 24, 7:00 p.m.

Workforce Wednesday with Career Center Staff

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

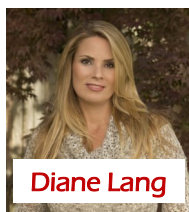
Wednesdays, 1:00 p.m.

Resumes & Cover Letters	March 1 & April 5
Virtual Job Searching	March 8 & April 19
Career Fair Prep	April 12
Interviewing Skills	March 15 & April 26
First Day on the Job	March 22
Linked In	March 29

Parenting Support Group with Therapist Diane Lang

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

Wednesdays, March 1, 8, 15, 22, 29; April 5 12, 19, 26. 7:00 p.m.



Diane Lang



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

Ages & Stages Information Session

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

Thursdays, March 9, 23; April 6, 20, 3:00 p.m.

Enough Abuse Workshops

Teens and adults are invited to learn about the prevention of child sexual assault at free training sessions 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. Learn to recognize and prevent child sexual abuse and increase awareness of safe practices for potential victims.

Wednesday, March 15 & April 19, 3:00 p.m.



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, March 2, 16, 30; April 13, 27, 3:00 p.m.

Breast Cancer Support Group

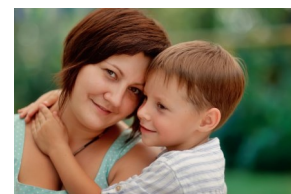
Breast cancer survivors are invited to share their stories and gain support at a virtual Breast Cancer Survivor Support Group. Discuss coping strategies and gain insights in a supportive setting.

Tuesday, March 14 & April 11, 2:00 p.m.

Parenting Classes

Participants will learn how to build positive parenting skills, prevent behavioral problems, and encourage effective anger management. The parenting classes follow the [ACT Raising Safe Kids Program](http://ACTRaisingSafeKids.org) developed by the American Psychological Association which aims to educate parents and other adults who raise and care for young children about creating environments which protect them from violence.

Tuesdays, April 11, 18, 25; May 2, 9, 16, 23, 30, 6:00 p.m.



New Ways to 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 Success](#) or [Foundations of Personal Success](#).

Mondays, 1:00 p.m.
Wednesdays, 5:00 p.m.
Thursdays, 11:00 a.m.

Career Success

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 of 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.

What's Happening at the Career Center?

Weekly Career Seminars

Our weekly career seminars can now be accessed 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.

March 6, 13, 20, 27; April 3, 10, 17, 24

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

Tuesdays, 1:00 p.m.

March 7, 14, 21, 28; April 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.

March 1, 8, 15, 22, 29; April 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.

March 2, 9, 16, 23, 30; April 6, 13, 20, 27

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

Fridays, 11:00 a.m.

March 3, 10, 17, 24, 31; April 14, 21, 28

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.

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. Offered during Open Lab.

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

Mondays & Wednesdays, 2:00—4:00 p.m. or by appointment.

March 1, 6, 8, 13, 15, 20, 22, 27, 29; April 3, 5, 10, 12, 17, 19, 24, 26

Mock Interviews ... Meet with Career Center staff over Zoom to participate in a practice, virtual interview.

By appointment only.

Call to discuss your preference for in-person or Zoom meeting.



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

Tuesdays & Thursdays, 10:00 a.m.—Noon

March 7, 9, 14, 16, 21, 23, 28, 30—**In Person**

Microsoft Word ... 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, 10:00 a.m.—Noon

April 4, 6, 11, 13, 18, 20, 25, 27—**In Person**

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.

Enroll now for the next session!

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, and gaining valuable insight from vocational training and community service opportunities.

Follow us on [Instagram](#) and [Facebook](#)!

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

You Graduated from High School—Now What?

Pregnant and parenting young adults, ages 18—24, are invited to check out the **Bridges** program! Get help with:

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



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.

Bridges—Young Adult Employment Program

Help for Pregnant or Parenting Young Adults



Get the trainings and certifications you need—**FOR FREE**—so you can get and keep the job **YOU WANT!**

Bookkeeping – Child Development – Culinary – CDL/Trucking – AutoCAD – Welding – Patient Care – Phlebotomy – Web Tools/JAVA—& More

Bridges helps pregnant and/or parenting moms and dads, aged 18-24, with job training, meeting educational goals, case management, and support.

With funding from the NJ Department of Labor, young moms and dads can take the next steps toward a career!



Students enrolled in Bridges can get help getting a driver's license!

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



Warren County Activities

Programs and Services 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 Sussex and Warren County individuals and families to the help they need.



Call 973-940-3500 and get help today!

Childcare & Preschool at Little Sprouts

Join Our Little Sprouts Family!

Looking for safe childcare or preschool for your child? Be sure to check out the [Little Sprouts Early Learning Center](#)! Fully-staffed, state-of-the-art facility, certified teachers in each classroom, two separate playgrounds, half-day and full-day programs available. Subsidized assistance available to eligible families. All safety protocols taken in accordance with the guidelines provided by the State of New Jersey. Free preschool for Newton, NJ, residents, ages 3 - 4.



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

Call 973-940-3540 to arrange a tour!

Seminars open to active Project Self-Sufficiency participants only.

What's Happening at Project Self-Sufficiency

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, 1:00 p.m.

March 6, 13, 20, 27; April 3, 10, 17, 24

Wednesdays, 5:00 p.m.

March 1, 8, 15, 22, 29; April 5, 12, 19, 26

Thursdays, 11:00 a.m.

March 2, 9, 26, 23, 30; April 6, 13, 20, 27

Career Success—*in Person*

Tuesdays & Thursdays, 10:00 a.m.—noon

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

April 4, 6, 11, 13, 18, 20, 25, 27

Foundations for Personal Success—*in Person*

Tuesdays & Thursdays, 1:00—3:00 p.m.

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

April 4, 6, 11, 13, 18, 20, 25, 27

Open Lab & Campus 2

Campus—Via Zoom or in person

Mondays & Wednesdays, 2:00—4:00 p.m.

March 1, 6, 8, 13, 15, 20, 22, 27, 29;

April 3, 5, 10, 12, 17, 19, 24, 26

Or by appointment

Computer Classes

Microsoft Excel—In Person

Tuesdays & Thursdays, 10:00 a.m.—Noon

March 7, 9, 14, 16, 21, 23, 28, 30

Microsoft Word—In Person

Tuesdays & Thursdays, 10:00 a.m.—Noon

April 4, 6, 11, 13, 18, 20, 25, 27

Resumes & Cover Letters

Mondays, 1:00 p.m.—Via Zoom

March 6, 13, 20, 27; April 3, 10, 17, 24

Job Searching

Tuesdays, 1:00 p.m.—Via Zoom

March 7, 14, 21, 28; April 4, 11, 18, 25

Job Club/Workforce

Wednesday—Via Zoom

Wednesdays, 1:00 p.m.

March 1, 8, 15, 22, 29; April 5, 12, 19, 26

Networking & Social Media—

Via Zoom

Thursdays, 1:00 p.m.

March 2, 9, 16, 23, 30; April 6, 13, 20, 27

Financial Management—Via

Zoom

Fridays, 11:00 a.m.

March 3, 10, 17, 24, 31; April 14, 21, 28

Testing

CASAS, Work Readiness, Accuplacer

Fridays, 9:30 a.m. - 12:30 p.m.

March 3, 10, 17, 24, 31; April 14, 21, 28

New Jersey Youth Corps

Monday—Friday, 10:00 a.m.—4:30 p.m.

Register now for the next session!

Bridges

Monday—Friday

Higher Opportunities for

Women—*in person*

Tuesdays & Thursdays, 9:30am—3pm

Register now for the next session!

Mommy Parties—*In Person*

Wednesdays, noon

March 8 & April 12

Legal Education

Legal Consultations

Day and evening phone consultations available by appointment.

Legal Seminars—Via Zoom

Thursdays, 7:00 p.m.

⇒ **Bankruptcy**, March 9

⇒ **Family Law**, March 23, April 20

Spring Fling

Thursday, March 30th, 6:00 p.m.

Career Fair

Thursday, April 13th, 10:00 a.m.—2:00 p.m.

Family Health Expo

Thursday, April 27th, 4:00—7:00 p.m.

Sister-to-Sister Prom Shop

March 27, 28, 29, 30, April 3, 4, 5,
3:00—7:00 p.m.

March 31, April 6, 3:00—5:00 p.m.

April 1, 9:00 a.m.—1:00 p.m.

Parenting Classes—Via Zoom

Tuesdays, 6:00 p.m.

April 11, 18, 25; May 2, 9, 16, 23, 30

Family Success Center—Via Zoom

Motivation Monday

Mondays, 2:00 p.m.

March 6, 13, 20, 27; April 3, 10, 17, 24

Women's Support Group

Mondays, 7:00 p.m.

March 6, 13, 20, 27; April 3, 10, 17, 24

Workforce Wednesday with Career Center Staff

Wednesdays, 1:00 p.m.

March 1, 8, 15, 22, 29; April 5, 12, 19, 26

Parent Support Group with Diane Lang

Wednesdays, 7:00 p.m.

March 1, 8, 15, 22, 29; April 5, 12, 19, 26

Ages & Stages Information Session

Thursdays, 3:00 p.m.

March 9, 23; April 6, 20

Health Equity Presentation

Thursdays, 3:00 p.m.

March 2, 16, 30; April 13, 27

Breast Cancer Support Group—

Via Zoom

Tuesday, 2:00 p.m.

March 14 & April 11

Enough Abuse Workshops—Via Zoom

Wednesday, 3:00 p.m.

March 15 & April 19

Connections Matter

Connections Matter Training

English—In Person at the Franklin Library

Tuesday, March 7, 5:00 p.m.

English—Via Zoom

Thursday, April 6, 2:00 p.m.

Español—a través de Zoom

Jueves, 20 de Abril, 2:00 p.m.

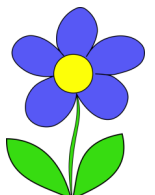
Understanding ACEs: Building Self-Healing Communities—Via Zoom

Thursday, March 23, 2:00 p.m.

PACEs Stakeholder Group Meeting

Tuesday, March 28, 10:00 a.m.

Welcome,
Spring!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Bridges NYC, 10am—4:30pm Job Club/Workforce Wednesday, 1pm Open Lab/C2C 2—4pm Links to Success, 11am Parent Support Group, 7pm	2 Bridges HOW, 9:30am—3pm Career Success, 10am—noon NYC, 10am—4:30pm Links to Success, 11am Networking & Social Media, 1pm Foundations, 1—3pm Health Equity, 3pm	3 Bridges Testing, 9:30am—12:30pm NYC, 10am—4:30pm Financial Management, 11am	4
5	6 Bridges NYC, 10am—4:30pm Links to Success, 1pm Resumes & Cover Letters, 1pm Motivation Monday, 2pm Open Lab/C2C 2—4pm Women's Support Group, 7pm	7 Bridges HOW, 9:30am—3pm Career Success, 10am—noon NYC, 10am—4:30pm Excel 10am—noon Job Searching 1pm Foundations, 1—3pm Breast Cancer Support Group, 2pm Connections Matter, 7pm, <i>Franklin Library</i>	8 Bridges NYC, 10am—4:30pm Mommy Party, noon Job Club/Workforce Wednesday, 1pm Open Lab/C2C 2—4pm Understanding ACEs, 2pm Links to Success, 5pm Parent Support Group, 7pm	9 Bridges HOW, 9:30am—3pm Career Success, 10am—noon NYC, 10am—4:30pm Excel 10am—noon Links to Success, 11am Networking & Social Media, 1pm Foundations, 1—3pm Ages & Stages, 3pm Bankruptcy Seminar, 7pm	10 Bridges Testing, 9:30am—12:30pm NYC, 10am—4:30pm Financial Management, 11am	11
12	13 Bridges NYC, 10am—4:30pm Links to Success, 1pm Resumes & Cover Letters, 1pm Motivation Monday, 2pm Open Lab/C2C 2—4pm Women's Support Group, 7pm	14 Bridges HOW, 9:30am—3pm Career Success, 10am—noon NYC, 10am—4:30pm Excel 10am—noon Job Searching 1pm Foundations, 1—3pm Breast Cancer Support Group, 2pm	15 Bridges NYC, 10am—4:30pm Job Club/Workforce Wednesday, 1pm Open Lab/C2C 2—4pm Connections Matter, 2pm, <i>Español</i> Enough Abuse, 3pm Links to Success, 5pm Parent Support Group, 7pm	16 Bridges HOW, 9:30am—3pm Career Success, 10am—noon NYC, 10am—4:30pm Excel 10am—noon Links to Success, 11am Networking & Social Media, 1pm Foundations, 1—3pm Health Equity, 3pm	17 Bridges Testing, 9:30am—12:30pm NYC, 10am—4:30pm Financial Management, 11am	18
19	20 Bridges NYC, 10am—4:30pm Links to Success, 1pm Resumes & Cover Letters, 1pm Motivation Monday, 2pm Open Lab/C2C 2—4pm Women's Support Group, 7pm	21 Bridges HOW, 9:30am—3pm Career Success, 10am—noon NYC, 10am—4:30pm Excel 10am—noon Job Searching 1pm Foundations, 1—3pm	22 Bridges NYC, 10am—4:30pm Job Club/Workforce Wednesday, 1pm Open Lab/C2C 2—4pm Connections Matter, English, 2pm Links to Success, 5pm Parent Support Group, 7pm	23 Bridges HOW, 9:30am—3pm Career Success, 10am—noon NYC, 10am—4:30pm Excel 10am—noon Links to Success, 11am Networking & Social Media, 1pm Understanding ACEs, 2pm Foundations, 1—3pm Ages & Stages, 3pm Family Law, 7pm	24 Bridges Testing, 9:30am—12:30pm NYC, 10am—4:30pm Financial Management, 11am	25
26	27 Bridges NYC, 10am—4:30pm Links to Success, 1pm Resumes & Cover Letters, 1pm Motivation Monday, 2pm Open Lab/C2C 2—4pm Prom Shop, 3—7pm Women's Support Group, 7pm	28 Bridges HOW, 9:30am—3pm PACEs Stakeholder Group Meeting, 10am Career Success, 10am—noon NYC, 10am—4:30pm Excel 10am—noon Job Searching 1pm Foundations, 1—3pm Prom Shop, 3—7pm	29 Bridges NYC, 10am—4:30pm Job Club/Workforce Wednesday, 1pm Open Lab/C2C 2—4pm Connections Matter, English, 2pm Prom Shop, 3—7pm Links to Success, 5pm Parent Support Group, 7pm	30 Bridges HOW, 9:30am—3pm Career Success, 10am—noon NYC, 10am—4:30pm Excel 10am—noon Links to Success, 11am Networking & Social Media, 1pm Foundations, 1—3pm Prom Shop, 3—7pm Spring Fling, 6pm	31 Bridges Testing, 9:30am—12:30pm NYC, 10am—4:30pm Financial Management, 11am Prom Shop, 3—5pm	

Project Self-Sufficiency Events, April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Prom Shop, 9am—1pm
2	3 Bridges NYJC, 10am—4:30pm Links to Success, 1pm Resumes & Cover Letters, 1pm Motivation Monday, 2pm Open Lab/C2C 2—4pm Prom Shop, 3—7pm Women's Support Group, 7pm	4 Bridges HOW, 9:30am—3pm Career Success, 10am—noon NYJC, 10am—4:30pm Word 10am—noon Job Searching 1pm Foundations, 1—3pm Prom Shop, 3—7pm	5 Bridges NYJC, 10am—4:30pm Job Club/Workforce Wednesday, 1pm Open Lab/C2C 2—4pm Prom Shop, 3—7pm Links to Success, 5pm Parent Support Group, 7pm	6 Bridges HOW, 9:30am—3pm Career Success, 10am—noon NYJC, 10am—4:30pm Word 10am—noon Links to Success, 11am Networking & Social Media, 1pm Foundations, 1—3pm Connections Matter, <i>English</i> , 2pm Ages & Stages, 3pm Prom Shop, 3—5pm	7 AGENCY CLOSED	8
9	10 Bridges NYJC, 10am—4:30pm Links to Success, 1pm Resumes & Cover Letters, 1pm Motivation Monday, 2pm Open Lab/C2C 2—4pm Women's Support Group, 7pm	11 Bridges HOW, 9:30am—3pm Career Success, 10am—noon NYJC, 10am—4:30pm Word 10am—noon Job Searching 1pm Foundations, 1—3pm Breast Cancer Support Group, 2pm Parenting Class, 6pm	12 Bridges NYJC, 10am—4:30pm Job Club/Workforce Wednesday, 1pm Open Lab/C2C 2—4pm Mommy Party, 3:30 pm Links to Success, 5pm Parent Support Group, 7pm	13 Career Fair, 10am—2pm Bridges HOW, 9:30am—3pm Career Success, 10am—noon NYJC, 10am—4:30pm Word 10am—noon Links to Success, 11am Networking & Social Media, 1pm Foundations, 1—3pm Health Equity, 3pm	14 Bridges Testing, 9:30am—12:30pm NYJC, 10am—4:30pm Financial Management, 11am	15
16	17 Bridges NYJC, 10am—4:30pm Links to Success, 1pm Resumes & Cover Letters, 1pm Motivation Monday, 2pm Open Lab/C2C 2—4pm Women's Support Group, 7pm	18 Bridges HOW, 9:30am—3pm Career Success, 10am—noon NYJC, 10am—4:30pm Word 10am—noon Job Searching 1pm Foundations, 1—3pm Parenting Class, 6pm	19 Bridges NYJC, 10am—4:30pm Job Club/Workforce Wednesday, 1pm Open Lab/C2C 2—4pm Enough Abuse, 3pm Links to Success, 5pm Parent Support Group, 7pm	20 Bridges HOW, 9:30am—3pm Career Success, 10am—noon NYJC, 10am—4:30pm Word 10am—noon Links to Success, 11am Networking & Social Media, 1pm Foundations, 1—3pm Connections Matter, <i>Español</i> , 2pm Ages & Stages, 3pm Family Law, 7pm	21 Bridges Testing, 9:30am—12:30pm NYJC, 10am—4:30pm Financial Management, 11am	22
23 & 30	24 Bridges NYJC, 10am—4:30pm Links to Success, 1pm Resumes & Cover Letters, 1pm Motivation Monday, 2pm Open Lab/C2C 2—4pm Women's Support Group, 7pm	25 Bridges HOW, 9:30am—3pm Career Success, 10am—noon NYJC, 10am—4:30pm Word 10am—noon Job Searching 1pm Foundations, 1—3pm Parenting Class, 6pm	26 Bridges NYJC, 10am—4:30pm Job Club/Workforce Wednesday, 1pm Open Lab/C2C 2—4pm Links to Success, 5pm Parent Support Group, 7pm	27 Family Health Expo, 4—7pm Bridges HOW, 9:30am—3pm Career Success, 10am—noon NYJC, 10am—4:30pm Word 10am—noon Links to Success, 11am Networking & Social Media, 1pm Foundations, 1—3pm Health Equity, 3pm	28 Bridges Testing, 9:30am—12:30pm NYJC, 10am—4:30pm Financial Management, 11am	29



Parents of Kids Birth to Age 5!

Are you curious about how your child is developing for his/her age?



Did you know ...

There's a **FREE online tool** to help you check – and connect you with resources to support your child's development?



Sussex County Residents:

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Spanish: <https://www.asqonline.com/family/c1567c>

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English: <https://www.asqonline.com/family/e977b8>
Spanish: <https://www.asqonline.com/family/052b8c>

Go to one of the web sites above and enter your child's birth date. You'll be directed to the right tool for your child's age range. Once you complete it, a Central Intake Specialist from Project Self-Sufficiency will reach out to explain your child's score and connect you with any community resources you might need!

It's all free for any Sussex or Warren County parent!

Questions? Call PSS at (973) 940-3500 or visit us online!

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