

Project Self-Sufficiency Newsletter

July—August 2025

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

The Agency will be closed July 4th.

Office Skills Training Program for Women

Rediscover Yourself—Summer Office Skills

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!

Starts July 8th—Submit Your Application Today!



Back-to-School Fair

Kids Activities & Helpful Information for Parents

Get ready for a successful school year by attending the annual Back-to-School Fair! Haircuts, break-out sessions, backpacks, kids' activities, community resources for parents and families. Advance registration is required. Contact your case manager today.

August 21st, 2:00—7:00 p.m.

New Jersey Youth Corps Enrolling Now

Get College Credits While You Work Towards Your 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 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.

Next session starts in July!



Summer Youth Employment Program Returns!

Teens Get Paid Work Experience & More!

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 7—August 15, 9am—3:30pm



“Bridges” Helps Young Adults, 18—24

Pregnant & Parenting Young Adults

Tuesdays & Thursdays, 10:00 a.m.—noon

July 1, 3, 8, 10, 15, 17, 22, 24, 29, 31;

August 5, 7, 12, 14, 19, 26, 28



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

Don't miss Baby Beginnings

Thursday, July 17th, 1:00 p.m.

Helpful information about pregnancy, childbirth, parenting, and more—baby items, prizes, and giveaways, too!



Goings On at Project Self-Sufficiency

“Baby Beginnings” in July

Help for Moms and Parents-to-Be

Pregnant women and parents of young children can access the information and resources they need to be successful at special events designed just for them! Guest speakers, prizes, lunch, and information about early childhood health, safety, and education.



July 17th, 1:00—3:00 p.m.

Baby Sleep Routines & Safe Sleeping Practices

Support Group for Fathers

Dads Need Help, Too!

Join Project Self-Sufficiency's Matt Berke and get tips on juggling fatherhood, jobs, relationships, and other challenges from others in similar circumstances.

Tuesdays, 6:00 p.m.,

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



New Jersey Youth Corps

Enroll Now for the Next Session!



- 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.

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.



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

PSS Journey & The Food Project are on the Road!

Help with career development, food, and other assistance!

Franklin, 10am—2pm

July 10, 24;
August 7, 21

Hackettstown, 9:30am—3:30pm

July 15, 29;
August 12, 26

Hopatcong, 10am—2pm

July 9, 23;
August 6, 20

Netcong, 10am—2pm

July 1, 8, 22;
August 5, 19

Vernon, 10am—2pm

July 2, 16, 30;
August 13, 27

**Look for us at the Fair,
August 1—9!**

Adverse Childhood Experiences

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.

Wednesday, July 23, 2:00 p.m.—via Zoom

Connections Matter

Positive & Adverse Childhood Experiences

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.

Tuesday, August 19, 2:00 p.m., English.—via Zoom

Wednesday, August 20, 2:00 p.m., Spanish.—via Zoom



Wendy completed the **Higher Opportunities for Women** program and is poised to launch a new career!

Sound interesting?
Enroll in **Summer Office Skills**, and rediscover yourself!

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, 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.



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.**

Mommy Parties!

Project Self-Sufficiency	Journey In Hackettstown
July 9, 12:00—2:00 p.m.	July 15, 11:00 a.m.—1:00 p.m.



Meet other women like you! Get the latest information about household safety, parenting, health and wellness, and other topics. Enjoy fun activities and crafts with your child!

Parenting Programs Helps Parents, Educators

Address Behavior Issues, Reduce Stress, Build Confidence

Learn practical strategies to address disobedience, mealtime and bedtime strategies, toilet-training, and other topics while reducing stress and boosting confidence.

Workshops Targeted to Your Needs

Attend In Person or Online

Raising Confident, Competent Children	July 8, 5:00 p.m.
Raising Resilient Children	July 15, 5:00 p.m.
Power of Positive Parenting	August 5, 5:00 p.m.
Raising Resilient Children	August 13, 5:00 p.m.
Raising Confident, Competent Children	August 20, 5:00 p.m.

Positive Parenting Course

Thursdays at 2:00 p.m. and 6:00 p.m.—in person & online	July 10, 24, 31, August 7, 14, 21, 28; September 4, 11, 18, 25
---	--

Project Sussex Kids

Sussex County Council for Young Children

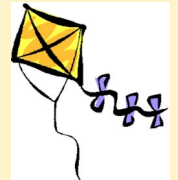
Home Visitation & Early Childhood Joint Advisory Board Meetings

Tuesday, September 9, 11:00 a.m., Project Self-Sufficiency

Wednesday, September 10, 11:00 a.m., Phillipsburg Housing Authority

Applications accepted on our websites!

Visit www.projectsselfsufficiency.org or www.projectsussexkids.org for more information.



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.

Happening at the Journey Family Success Center!



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

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

Motivation Monday—Via Zoom

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

Mondays, 2:00 p.m.

Budget Now	July 7
Living within Your Means	July 14
Financial Problem-Solving Strategies	July 21
Dealing with Financial Anxiety	July 28
Communication Basics	August 4
Conflict Resolution	August 11
Workplace Communication	August 18
Being a Good Digital Citizen	August 25



Women's Support Group—Via Zoom

Get tips on coping, time management, and meeting everyday challenges, and share your experiences with others in similar situations.

Mondays, July 14, 28; August 11, 25, 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 8 & August 12, 2:00 p.m.

Father's Support Group—In Person

Facing challenges as a dad? Get helpful tips for coping and meet other fathers in similar circumstances at a support group designed just for you!

Tuesdays, July 1, 8, 15, 22, 29; August 5, 12, 19, 26, 6:00 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 2, August 6
Job Searching	July 9, August 13
Interviewing Skills	July 16, August 20
First Day on the Job	July 23, August 27
Linked In	July 30

Parents' Support Group—Via Zoom

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

Wednesdays, July 9, 23; August 13, 27, 7:00 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](http://PreventChildAbuseNewJersey.org), Project Self-Sufficiency and the Sussex Warren Partnership to Prevent Child Sexual Abuse.

Wednesdays, July 23 & August 27, 3:00 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 10 & August 7, 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 17 & August 14, 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 23 & August 27, 5:30 p.m.

Family Success Center 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 15, 5:00 p.m.

Bring the Kids to the
BACK-TO-SCHOOL Fair!
Thursday, August 21st • 2:00—7:00 p.m.

Up-to-Date Information about Programs & Services

Children's Activities & Fun for the Whole Family

Music—Games—Crafts—Dinner

Backpacks & School Supplies

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 Foundations** or **Foundations for Personal Success**.

Mondays & Tuesdays, noon, Wednesdays, 11:00 a.m., Thursdays, 1:00 p.m., Fridays, 2:00 p.m.

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 step to employment or education.

Two week sessions,
Tuesdays & Thursdays, 10:00 am—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, 1:00—3:00 p.m.

Happening at the Career Center!

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

Job Searching ...

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

Tuesdays, 1:00 p.m.

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

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 2, 9, 16, 23, 30; August 6, 13, 20, 27

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 3, 10, 17, 24, 31; August 7, 14, 21, 28

Career Success & Financial Management ...

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

Fridays, 11:00 a.m.

July 11, 18, 25; August 1, 8, 15, 22, 29

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!

Tuesdays & Wednesdays, 10:00 a.m.—noon or by appointment.

July 1, 3, 8, 10, 15, 17, 22, 24, 29, 31; August 5, 7, 12, 14, 19, 21, 26, 28

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

July 8, 10, 15, 17, 22, 24, 29, 31—**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

August 5, 7, 12, 14, 19, 21, 26, 28—**In Person**

Office Skills Training Program for Women

Return to the Workforce with Confidence!

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.**

Contact Your Case Manager to Apply for the July 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, 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!

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—Driver's Education

Tuesdays & Thursdays, 10am—noon

July 1, 3, 8, 10, 15, 17, 22, 24, 29, 31;

August 5, 7, 12, 14, 19, 26, 28

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.

Baby Beginnings

For Parents of Young Kids & Mom-to-Be

Thursday, July 17 • 1:00—3:00 p.m.

Learn everything you need to know about your pregnancy

AND

the ABC's and 123's of caring for your infant or toddler

Giveaways—Lunch—Childcare



Childcare & Preschool at Little Sprouts

Join Our Little Sprouts Family!

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—Competitive Rates—

Convenient Hours & Location—

Quality Education using "The Creative Curriculum"—Caring, Professional Staff—

State-of-the-Art Facility—Age Appropriate Playgrounds—

Half-Day & Full-Day Programs—Subsidized Assistance for Eligible Families

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 23 & August 27, 5:30 p.m.

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

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 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!



Project Self-Sufficiency Events & Activities Overview

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 7, 14, 21, 28; August 4, 11, 18, 25
Tuesdays, 12:00 p.m.
July 1, 8, 15, 22, 29; August 5, 12, 19, 26
Wednesdays, 11:00 a.m.
July 2, 9, 16, 23, 30; August 6, 13, 20, 27
Thursdays, 1:00 p.m.
July 3, 10, 17, 24, 31; August 7, 14, 28
Fridays, 2:00 p.m.
July 11, 18, 25; August 1, 8, 15, 22, 29

Career Foundations—*In Person*

Tuesdays & Thursdays, 10:00 a.m.—noon
July Session One
July 1, 3, 8, 10
July Session Two
July 15, 17, 22, 24
August Session One
August 5, 7, 12, 14
August Session Two
August 19, 26, 28

Foundations for Personal Success—*In Person*

Tuesdays & Thursdays, 1:00—3:00 p.m.
July Session One
July 1, 3, 8, 10
July Session Two
July 15, 17, 22, 24
August Session One
August 5, 7, 12, 14
August Session Two
August 19, 26, 28

Open Lab & Campus 2 Campus—*Online or in person*

Tuesdays & Wednesdays, 10:00 a.m.—noon
July 1, 3, 8, 10, 15, 17, 22, 24, 29, 31;
August 5, 7, 12, 14, 19, 21, 26, 28
Or by appointment

Computer Classes

Microsoft Excel—*In Person*
Tuesdays & Thursdays, 10:00 a.m.—Noon
July 8, 10, 15, 17, 22, 24, 29, 31

Microsoft Word—*In Person*
Tuesdays & Thursdays, 10:00 a.m.—Noon
August 5, 7, 12, 14, 19, 21, 26, 28

Resumes & Cover Letters

Mondays, 1:00 p.m.—*In Person or Online*
July 7, 14, 21, 28; August 4, 11, 18, 25

Job Searching

Tuesdays, 1:00 p.m.—*In Person or Online*
July 1, 8, 15, 22, 29; August 5, 12, 19, 26

Job Club/Workforce Wednesday—*In Person or Online*

Wednesdays, 1:00 p.m.
July 2, 9, 16, 23, 30; August 6, 13, 20, 27

Networking & Social Media

Thursdays, 1:00 p.m.—*In Person or Online*
July 3, 10, 17, 24, 31; August 7, 14, 21, 28

Career Success & Financial Management

Fridays, 11:00 a.m.—*In Person or Online*
July 11, 18, 25; August 1, 8, 15, 22, 29

Testing

CASAS, Work Readiness, Accuplacer
Fridays, 9:30 a.m.—12:30 p.m.
July 11, 18, 25; August 1, 8, 15, 22, 29

New Jersey Youth Corps

Monday—Friday, 10:00 a.m.—4:30 p.m.
Register now for the next session!

Bridges

Tuesdays & Thursdays, 10:00 a.m.—noon
July 1, 3, 8, 10, 15, 17, 22, 24, 29, 31;
August 5, 7, 12, 14, 19, 26, 28

Summer Office Skills

Tuesdays & Thursdays, 9:30 a.m.—3:00 p.m.
July 8—August 28

Mommy Parties

Project Self-Sufficiency, noon
Wednesday, July 9
Hackettstown, 11:00 a.m.
Tuesday, July 15

Legal Seminars—*Online*

Thursdays,
Family Law, July 17, 7:00 p.m.
Elder Law, August 7, 7:00 p.m.

Adverse Childhood Experiences

Understanding ACEs—*Online*
Wednesday, 2:00 p.m.
July 23

Connections Matter

English—*Online*
Tuesday, August 19, 2:00 p.m.
Español—*en línea*
Miercoles, 20 de Agosto, 2:00 p.m.

Enough Abuse Workshop—*Online*

Wednesday, 3:00 p.m.
July 23 & August 27

Baby Beginnings

July 17, 1:00 p.m.

Project Sussex Kids

Home Visitation & Early Childhood Joint Advisory Board Meeting
Tuesday, September 9, 11:00 a.m.,
Project Self-Sufficiency
Wednesday, September 10, 11:00 a.m.,
Phillipsburg Housing Authority

Triple P Parenting Program

Workshops—*In Person & Online*
Raising Confident, Competent Children
July 8, 5:00 p.m.
Raising Resilient Children
July 15, 5:00 p.m.
Power of Positive Parenting
August 6, 5:00 p.m.
Raising Resilient Children
August 13, 5:00 p.m.
Raising Confident, Competent Children
August 20, 5:00 p.m.
Positive Parenting Course
July 10, 24, 31, 2:00 p.m. & 6:00 p.m.
August 7, 14, 21, 28, 2:00 p.m. & 6:00 p.m.
September 4, 11, 18, 25, 2:00 p.m. & 6:00 p.m.

Family Success Center

Motivation Monday—*Online*
Mondays, 2:00 p.m.
July 7, 14, 21, 28; August 4, 11, 18, 25

Women's Support Group—*Online*
Monday, 7:00 p.m.
July 14, 28; August 11, 25

Parents' Support Group—*Online*
Wednesdays, 7:00 p.m.
July 9, 23; August 13, 27

Breast Cancer Support Group—*Online*
Tuesdays, 2:00 p.m.
July 8 & August 12

Father's Support Group—*In Person*
Tuesdays, 6:00 p.m.
July 1, 8, 15, 22, 29; August 5, 12, 19, 26

Ages & Stages Information Session—*Online*
Thursdays, 3:00 p.m.
July 17 & August 14

Health Equity Presentation—*Online*
Thursdays, 3:00 p.m.
July 10 & August 7

Parent Advisory Council Meeting—*In Person & Online*
Tuesday, 5:00 p.m.
July 15

Family Nights at Little Sprouts

Tuesdays, 5:30 p.m.
July 23 & August 27

Back-to-School Fair

Thursday, August 21, 2:00—7:00 p.m.



Project Self-Sufficiency Events, July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1 Journey in Netcong, 10am—2pm Bridges, 10am—noon Career Foundations, 10am—noon NYJC, 10am—4:30pm Open Lab/C2C, 10am—noon Links for Success, noon Job Searching, 1pm Foundations, 1—3pm Fathers' Support Group, 6pm</p>	<p>2 Journey in Vernon, 10am—2pm NYJC, 10am—4:30pm Links for Success, 11am Job Club/Workforce Wednesday, 1pm Open Lab/C2C, 10am—noon</p>	<p>3 HOW, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon NYJC, 10am—4:30pm Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm</p>	<p>4 AGENCY CLOSED</p>	<p>5</p>
6	<p>7 NYJC, 10am—4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm</p>	<p>8 Journey in Netcong, 10am—2pm SOS, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon NYJC, 10am—4:30pm Open Lab/C2C, 10am—noon Excel 10am—noon Links for Success, noon Job Searching, 1pm Foundations, 1—3pm Breast Cancer Support Group, 2pm Raising Confident, Competent Children, 5pm Fathers' Support Group, 6pm</p>	<p>9 Journey in Hopatcong, 10am—2pm NYJC, 10am—4:30pm Links for Success, 11am Job Club/Workforce Wednesday, 1pm Open Lab/C2C, 10am—noon Mommy Party, noon, PSS Parents' Support Group, 7pm</p>	<p>10 Journey in Franklin, 10am—2pm SOS, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon NYJC, 10am—4:30pm Excel 10am—noon Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm Positive Parenting Course, 2pm & 6pm Health Equity, 3pm</p>	<p>11 Testing, 9:30am—12:30pm NYJC, 10am—4:30pm Financial Management, 11am Links for Success, 2pm</p>	<p>12</p>
13	<p>14 NYJC, 10am—4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm Women's Support Group, 7pm</p>	<p>15 Journey in Hackettstown, 9:30am—3:30pm SOS, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon NYJC, 10am—4:30pm Open Lab/C2C, 10am—noon Excel 10am—noon Links for Success, noon Job Searching, 1pm Foundations, 1—3pm Raising Resilient Children, 5pm Parents' Advisory Council, 5pm Fathers' Support Group, 6pm</p>	<p>16 Journey in Vernon, 10am—2pm NYJC, 10am—4:30pm Open Lab/C2C, 10am—noon Links for Success, 11am Job Club/Workforce Wednesday, 1pm</p>	<p>17 SOS, 9:30am—3pm NYJC, 10am—4:30pm Bridges, 10am—noon Career Foundations, 10am—noon Excel 10am—noon Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm Baby Beginnings, 1pm Ages & Stages, 3pm Family Law, 7pm</p>	<p>18 Testing, 9:30am—12:30pm NYJC, 10am—4:30pm Financial Management, 11am Links for Success, 2pm</p>	<p>19</p>
20	<p>21 NYJC, 10am—4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm</p>	<p>22 Journey in Netcong, 10am—2pm SOS, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon Open Lab/C2C, 10am—noon NYJC, 10am—4:30pm Excel 10am—noon Mommy Party, 11am, <i>Hackettstown</i> Links for Success, noon Job Searching, 1pm Foundations, 1—3pm Fathers' Support Group, 6pm</p>	<p>23 Journey in Hopatcong, 10am—2pm NYJC, 10am—4:30pm Open Lab/C2C, 10am—noon Links for Success, 11am Job Club/Workforce Wednesday, 1pm Understanding ACES, 2pm Enough Abuse, 3pm Little Sprouts Family Fun Night, 5:30pm Parents' Support Group, 7pm</p>	<p>24 Journey in Franklin, 10am—2pm SOS, 9:30am—3pm NYJC, 10am—4:30pm Bridges, 10am—noon Career Foundations, 10am—noon Excel 10am—noon Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm Positive Parenting Course, 2pm & 6pm</p>	<p>25 Testing, 9:30am—12:30pm NYJC, 10am—4:30pm Financial Management, 11am Links for Success, 2pm</p>	<p>26</p>
27	<p>28 NYJC, 10am—4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm Women's Support Group, 7pm</p>	<p>29 Journey in Hackettstown, 9:30am—3:30pm SOS, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon Open Lab/C2C, 10am—noon NYJC, 10am—4:30pm Excel 10am—noon Links for Success, noon Job Searching, 1pm Foundations, 1—3pm Fathers' Support Group, 6pm</p>	<p>30 Journey in Vernon, 10am—2pm NYJC, 10am—4:30pm Open Lab/C2C, 10am—noon Links for Success, 11am Job Club/Workforce Wednesday, 1pm</p>	<p>31 SOS, 9:30am—3pm HOW, 9:30am—3pm NYJC, 10am—4:30pm Bridges, 10am—noon Career Foundations, 10am—noon Excel 10am—noon Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm Positive Parenting Course, 2pm & 6pm</p>		

Project Self-Sufficiency Events, August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Journey at the Fair	4 Journey at the Fair NIYC, 10am—4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm	5 Journey at the Fair/Food Van to Netcong SOS, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon Open Lab/C2C, 10am—noon NIYC, 10am—4:30pm Word 10am—noon Links for Success, noon Job Searching, 1pm Foundations, 1—3pm Father's Support Group, 6pm	6 Journey at the Fair/Food Van to Hopatcong NIYC, 10am—4:30pm Links for Success, 11am Job Club/Workforce Wednesday, 1pm Open Lab/C2C, 10am—noon Power of Positive Parenting, 5pm	7 Journey at the Fair/Food Van to Franklin SOS, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon NIYC, 10am—4:30pm Word 10am—noon Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm Positive Parenting Course, 2pm & 6pm Health Equity, 3pm Elder Law, 7pm	8 Journey at the Fair Testing, 9:30am—12:30pm NIYC, 10am—4:30pm Financial Management, 11am Links for Success, 2pm	9 Journey at the Fair
10	11 NIYC, 10am—4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm Women's Support Group, 7pm	12 Journey in Hackettstown, 9:30am—3:30pm SOS, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon Open Lab/C2C, 10am—noon NIYC, 10am—4:30pm Word 10am—noon Links for Success, noon Job Searching, 1pm Foundations, 1—3pm Breast Cancer Support Group, 2pm Father's Support Group, 6pm	13 Journey in Vernon, 10am—2pm NIYC, 10am—4:30pm Links for Success, 11am Job Club/Workforce Wednesday, 1pm Open Lab/C2C, 10am—noon Raising Resilient Children, 5pm Parents' Support Group, 7pm	14 SOS, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon NIYC, 10am—4:30pm Word 10am—noon Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm Positive Parenting Course, 2pm & 6pm Ages & Stages, 3pm	15 Testing, 9:30am—12:30pm NIYC, 10am—4:30pm Financial Management, 11am Links for Success, 2pm	16
17	18 NIYC, 10am—4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm	19 Journey in Netcong, 10am—2pm SOS, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon Open Lab/C2C, 10am—noon NIYC, 10am—4:30pm Word 10am—noon Links for Success, noon Job Searching, 1pm Foundations, 1—3pm Connections Matter, English, 2pm Father's Support Group, 6pm	20 Journey in Hopatcong, 10am—2pm NIYC, 10am—4:30pm Links for Success, 11am Job Club/Workforce Wednesday, 1pm Open Lab/C2C, 10am—noon Connections Matter, Spanish, 2pm Raising Confident, Competent Children, 5pm	21 Journey in Franklin, 10am—2pm SOS, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon NIYC, 10am—4:30pm Word 10am—noon Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm Positive Parenting Course, 2pm & 6pm Back-to-School Fair, 2—7pm	22 Testing, 9:30am—12:30pm NIYC, 10am—4:30pm Financial Management, 11am Links for Success, 2pm	23
24/31	25 NIYC, 10am—4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm Women's Support Group, 7pm	26 Journey in Hackettstown, 9:30am—3:30pm SOS, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon Open Lab/C2C, 10am—noon NIYC, 10am—4:30pm Word 10am—noon Links for Success, noon Job Searching, 1pm Foundations, 1—3pm Father's Support Group, 6pm	27 Journey in Vernon, 10am—2pm NIYC, 10am—4:30pm Links for Success, 11am Job Club/Workforce Wednesday, 1pm Open Lab/C2C, 10am—noon Enough Abuse, 3pm Little Sprouts Family Fun Night, 5:30pm Parents' Support Group, 7pm	28 SOS, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon NIYC, 10am—4:30pm Word 10am—noon Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm Positive Parenting Course, 2pm & 6pm	29 Testing, 9:30am—12:30pm NIYC, 10am—4:30pm Financial Management, 11am Links for Success, 2pm	30

You've
got this!
And you've
got support.




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.

Get help with:

- maternal and child health
- monitoring your child's development
- basic needs like diapers and food
- next steps in your education or career
- Interaction with other moms and babies

Did you know ...

There's also a **FREE** online **tool** to help you check your child's development – and connect you with resources to support you? Scan this  code on your phone, or visit the website below the code!



*Make sure your child
gets the best start in life.
Reach out today!*

Project Self-Sufficiency

973-940-3500

www.projectselfsufficiency.org



July—August 2025 Newsletter

Find Us Online!

Websites:

www.projectselfsufficiency.org
www.littlesproutsearlylearningcenter.org
www.projectsussexkids.org
www.journeyfsc.org

"Like" our Facebook Pages:

www.facebook.com/ProjectSelfSufficiencyofSussexCounty
www.facebook.com/LittleSproutsEarlyLearningCenter
www.facebook.com/JourneyFamilySuccessCenteratPSS
www.facebook.com/ProjectSussexKids
www.facebook.com/NewJerseyYouthCorpsofSussexWarrenCounties
www.facebook.com/NurseFamilyPartnership
Facebook.com/ConnectingNJatPSS

Instagram:

[@project_self_sufficiency](https://www.instagram.com/project_self_sufficiency)
[@journeyfsc_at_pss/](https://www.instagram.com/journeyfsc_at_pss/)
[@njyc_at_pss](https://www.instagram.com/njyc_at_pss)
[@little_sprouts_at_pss](https://www.instagram.com/little_sprouts_at_pss)
[@connecting_nj_at_pss/](https://www.instagram.com/connecting_nj_at_pss/)
[@project_sussex_kids](https://www.instagram.com/project_sussex_kids)



Follow us on "X" (formerly known as Twitter)!

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

Blogs:

<https://projectselfsufficiencynj.blogspot.com/>
<https://projectsussexkids.blogspot.com/>
<https://journeyfsc.blogspot.com/>
<https://connectingnjatpss.blogspot.com/>

Linked In:

<https://www.linkedin.com/company/project-self-sufficiency>
<https://www.linkedin.com/company/little-sprouts-early-learning-center>

You Tube:

Little Sprouts: https://www.youtube.com/channel/UCQIQ61-7LfUnZXkN5_hpDQ?view_as=subscriber
Project Self-Sufficiency: https://www.youtube.com/channel/UCgiUhYC6oK56wCwJIOrC3Sw?view_as=subscriber

Threads

https://www.threads.net/@project_self_sufficiency

