

Project Self-Sufficiency Newsletter



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

The Agency will be closed September 7, October 12, 2026.

September – October 2026

Career & Health Fair

Learn about Job Opportunities, Health & Wellness

Bring your resume to the Career & Health Fair at Project Self Sufficiency! Discuss current job openings with employers, attend seminars about job searching techniques, get up-to-date information about health and wellness for the whole family.

Wednesday, October 21, 10:00 a.m. – 2:00 p.m.



Job Training for Women

Higher Opportunities for Women Starts in October

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.

Car Seat Education & Installation

Free Car Seat with Voucher

Need a car seat? Free car seat safety education and installation workshop facilitated by Safe Kids of Northern NJ at Project Self-Sufficiency. Voucher required to participate. Call to inquire about eligibility.

Monday, September 28th, 2:00 – 4:00 p.m.

Budget Basics Course

Manage Your Money – With Confidence!

Do you know how to create a realistic budget and stick to it? Learn how to track income and expenses, identify spending habits, set financial goals, and use practical tools to make informed monetary decisions.

Tuesdays & Thursdays, 11:00 a.m. - noon



September 1 & 3	October 6 & 8
September 8 & 10	October 13 & 15
September 15 & 17	October 20 & 22
September 22 & 25	October 27 & 29

New!

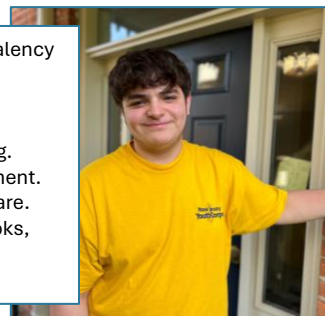
New Jersey Youth Corps Enrolling Now

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 October!

- 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.

Parenting Classes

Courses Targeted to All Parents or 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 September 15
- **24:7 Dads**, Tuesdays & Thursdays, 6:00 p.m., starting October 6

Goings on at Project Self-Sufficiency

Office Skills Training Program for Women

Higher Opportunities for Women

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 in October!



Learn More at an Open House!

Thursdays at 4:30 p.m.

September 10, 17, 24
October 1, 8, 15

Fridays at Noon

September 18, 25
October 9, 16

Get a High School Diploma

New Jersey Youth Corps Starts in October!

Learn More at an Open House!

Thursdays at 4:30 p.m.

September 10, 17, 24
October 1, 8, 15

Fridays at Noon

September 18, 25
October 9, 16



College Could be for You!

Campus 2 Campus!

C2C Class at PSS: September 22, October 20, 10:00 a.m.

SCCC Info Session at PSS:

October 22, 2:00 p.m.

PSS Office Hours at SCCC Student Center,

Wednesdays, 10:00 a.m. – 2:00 p.m.

SCCC Tours Upon Request



Career & Health Fair

Job Openings, Seminars, Health & Wellness Information

Bring your resume and your healthcare concerns to the Career & Health Fair! Meet employers who are ready to hire, get expert advice about health and wellness, attend seminars designed to boost your job search, and more.

Wednesday, October 21st,
10:00 a.m. – 2:00 p.m.



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

September 3, 17

October 1, 15, 29

Hackettstown,
9:30am – 3:30pm

September 8, 22

October 6, 20

Hopatcong, 10am – 2pm

September 2, 16, 30

October 14, 28

Netcong, 10am – 2pm

September 1, 15, 29

October 13, 27

Vernon, 10am – 2pm

September 9, 23

October 7, 21

**Look for us in a town
near you!**

Help for Moms and Parents-to-Be

Learn about Safe Sleeping, Relationships, and More

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.

- **Sleep Strategies,**
September 24
- **Parent-Child Bonding,**
October 22

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, September 22, 2:00 p.m.	Wednesday, September 23 2:00 p.m.	Thursday, October 22, 2:00 p.m.

Halloween Spooktacular

Costumes, Games, Music, Dinner & More

Bring your favorite ghouls and goblins to the Halloween Spooktacular and enjoy dinner, games, music, crafts, and more.

Fun for the whole family!

Thursday, October 29th –

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 nd birthday. <i>Serving Sussex, Warren, & 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 & 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 & 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
September 9 & October 14, noon	September 22 & October 20 11:00 a.m.

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.
October 6, 8, 13, 15, 20, 22, 27, 29;
November 3, 5, 10

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.
September 15, 22, 29; October 6, 13, 20, 27; November 3



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.**



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.

Self-Advocacy	September 14
Managing Change	September 21
Motivation Matters	September 28
Setting Priorities	October 5
Becoming a Leader	October 19
Overcoming Regret	October 26

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, September 8, October 13, 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	September 2, October 7
Job Searching	September 9, October 14
Interviewing Skills	September 16, October 21
Linked In	September 23, October 28
Introduction to Google Docs	September 30

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, September 30, October 28, 5:30 p.m.

Parents' Support Group—Via Zoom

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

Wednesdays, September 9, 23; October 7, 21, 7:00 p.m.

Brilliant, Resilient You Support Group – In Person

For women who are moving forward after a divorce or separation.

Wednesdays, 6:00 – 7:30 p.m.

September 30; October 7, 14, 21, 28; November 4, 18

New!

**Bring the Kids to the
Halloween Spooktacular!**

Thursday, October 29th • 5:00 – 6:30 p.m.

Ghoulish Games – Creepy Crafts

Monstrous Music - Pizza

Don't Forget to Wear Your Costume!



Car Seat Education & Installation Review
Monday, September 28
2:00 – 4:00 p.m.

FREE Car Seat Voucher Needed to Participate.

Call 973-940-3500 to Register and Receive a Voucher!

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.

September 14, 21, 28; October 5, 19, 26

Job Searching

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

Tuesdays, 1:00 p.m.

September 1, 8, 15, 22, 29; October 6, 13, 20, 27

Launch Your Career

Gain insight and discuss smart strategies for advancing your career in a new, online support group.

Tuesdays, 7:00 p.m.

September 8, 22; October 6, 20

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.

September 2, 9, 16, 23, 30; October 7, 14, 21, 28

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.

September 3, 10, 17, 24; October 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.

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

September 1, 3, 8, 10, 15, 17, 22, 24, 29;

October 1, 6, 8, 13, 15, 20, 22, 27, 29

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

September 4, 11, 18, 25; October 2, 9, 16, 23, 30

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 **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.

Starts October 6th!

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

September 1, 3, 8, 10, 15, 17, 22, 24, 29

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

October 6, 8, 13, 15, 20, 22, 27, 29

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

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:

September 22, October 20, 10:00 a.m.

SCCC Info Session at PSS:

October 22, 2:00 p.m.

SCCC Tours Upon Request



Bridges to Employing Youth

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, 10:00 a.m.—noon

September 1, 3, 8, 10, 15, 17, 22, 24, 29

October 1, 6, 8, 13, 15, 20, 22, 27, 29

Budget Basics

Create a realistic budget, track income and expenses, identify spending habits, set financial goals, make informed decisions with confidence.

Two-part class, Tuesdays & Thursdays, 11:00 a.m. - noon

September 1 & 3; 8 & 10; 15 & 17; 22 & 24

October 6 & 8; 13 & 15; 20 & 22; 27 & 29

New!

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.

- Sleep Strategies, September 24
- Parent-Child Bonding, October 22



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, September 30, October 28, 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.

September 14, 21, 28;
October 5, 19, 26

Tuesdays, 12:00 p.m.

September 1, 8, 15, 22, 29;
October 6, 13, 20, 27

Wednesdays, 11:00 a.m.

September 2, 9, 16, 23, 30;
October 7, 14, 21, 28

Thursdays, 1:00 p.m.

September 3, 10, 17, 24;
October 1, 8, 15, 22, 29

Fridays, 10:00 a.m.

September 11, 18, 25;
October 2, 9, 16, 23, 30

Career Foundations—*In Person*

Tuesdays & Thursdays, 10:00 a.m.—noon

September Session One

September 1, 3, 8, 10

September Session Two

September 15, 17, 22, 24

October Session One

October 6, 8, 13, 15

October Session Two

October 20, 22, 27, 29

Foundations for Personal Success—

In Person

Tuesdays & Thursdays, 1:00—3:00 p.m.

September Session One

September 1, 3, 8, 10

September Session Two

September 15, 17, 22, 24

October Session One

October 6, 8, 13, 15

October Session Two

October 20, 22, 27, 29

Open Lab—*Online or In Person*

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

September 1, 3, 8, 10, 15, 17, 22, 24, 29;
October 1, 6, 8, 13, 15, 20, 22, 27, 29

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

September 4, 11, 18, 25;
October 2, 9, 16, 23, 30

Campus 2 Campus—*In Person*

C2C Class at PSS:

September 22, October 20, 10:00 a.m.

SCCC Info Session at PSS:

October 22, 2:00 p.m.

SCCC Tours Upon Request

Computer Classes

Tuesdays & Thursdays, 10am – noon

Microsoft Word—*In Person*

September 1, 3, 8, 10, 15, 17, 22, 24, 29

Microsoft Excel—*In Person*

October 6, 8, 13, 15, 20, 22, 27, 29

Resumes & Cover Letters

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

September 14, 21, 28; October 5, 19, 26

Job Searching

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

September 1, 8, 1, 22, 29;
October 6, 13, 20, 27

Launch Your Career—*Online*

Tuesdays, 7:00 p.m.

September 8, 22; October 6, 20

Budget Basics—*In Person*

Tuesdays & Thursdays, 11:00 a.m. - noon

September 1 & 3; 8 & 10; 15 & 17; 22 & 24
October 6 & 8; 13 & 15; 20 & 22; 27 & 29

Job Club/Workforce Wednesday—

In Person or Online

Wednesdays, 1:00 p.m.

September 2, 9, 16, 23, 30;
October 7, 14, 21, 28

Networking & Social Media

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

September 3, 10, 17, 24;
October 1, 8, 15, 22, 29

Testing

CASAS, Work Readiness, Accuplacer

Fridays, 9:30 a.m.—12:30 p.m.

September 4, 11, 18, 25;
October 2, 9, 16, 23, 30

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.

September 1, 3, 8, 10, 15, 17, 22, 24, 29
October 1, 6, 8, 13, 15, 20, 22, 27, 29

Higher Opportunities for Women

Tuesdays & Thursdays,

9:30 a.m.—3:00 p.m.

Starts in October!

Mommy Parties

Project Self-Sufficiency, noon

Wednesday, September 9 & October 14

Hackettstown, 11:00 a.m.

Tuesdays, September 22 & October 20

Adverse Childhood Experiences

Understanding ACEs—*Online*

Thursday, 2:00 p.m.

October 22

Connections Matter, English—*Online*

Tuesday, September 22, 2:00 p.m.

Español—*en línea*

Miercoles, 23 de Septiembre, 2:00 p.m.

Early Childhood

Baby Beginnings—*In Person*

September 24, October 22, 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.

October 6, 8, 13, 15, 20, 22, 27, 29;
November 3, 5, 10

ACT Parenting Course—*Online*

Tuesdays, 6:00 p.m.

September 15, 22, 29;
October 6, 13, 20, 27; November 3

Family Success Center

Motivation Monday—*Online*

Mondays, 2:00 p.m.

September 14, 21, 28;
October 5, 19, 26

Breast Cancer Support Group—*Online*

Tuesdays, 2:00 p.m.

September 8, October 13

Brilliant, Resilient You Support Group—*In Person*

Wednesdays, 6:00 – 7:30 p.m.

September 30; October 7, 14, 21, 28;
November 4, 18

Parents' Support Group—*Online*

Wednesdays, 7:00 p.m.

September 9, 23; October 7, 21

Family Nights at Little Sprouts

Tuesdays, 5:30 p.m.

September 30, October 28

Legal Seminars—*Online*

Thursdays,

Family Law, 7:00 p.m.

September 24 & October 29

Car Seat Safety

Monday, September 28

2:00 – 4:00 p.m.

Career & Health Fair

Wednesday, October 21

10:00 a.m. – 2:00 p.m.

Halloween Spooktacular

Thursday, October 29

5:00 – 6:30 p.m.

Welcome to Autumn!



September Events

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1 Journey in Netcong, 10am – 2pm NJYC, 10am – 4:30pm Career Foundations, 10am Open Lab, 10am – noon Word, 10am – noon Joint Advisory Board Meeting, 11am, <i>Phillipsburg</i> Links for Success, 11am Budget Basics, 11am Links for Success, noon Job Searching, 1pm Foundations PS, 1pm Bridges, 1 – 3pm Open Lab, 3 – 4:30pm ACT Parenting Class, 6pm 24:7 Dads Parenting Class, 6pm	2 Journey in Hopatcong, 10am – 2pm NJYC, 10am – 4:30pm Joint Advisory Board Meeting, 11am, <i>Phillipsburg</i> Links for Success, 11am Workforce Wednesday, 1pm	3 Journey in Franklin, 10am – 2pm NJYC, 10am – 4:30pm Career Foundations, 10am Open Lab, 10am – noon Word, 10am – noon Budget Basics, 11am Links for Success, 1pm Foundations PS, 1pm Networking & Social Media, 1pm Bridges, 1 – 3pm Open Lab, 3 – 4:30pm 24:7 Dads Parenting Class, 6pm	4 Testing, 9:30am – 12:30pm NJYC 10am – noon Links for Success, 10am Open Lab, 1 – 3pm	5
6	7 AGENCY CLOSED	8 Journey in Hackettstown, 9:30am – 3:30pm NJYC, 10am – 4:30pm Career Foundations, 10am Open Lab, 10am – noon Word, 10am – noon Budget Basics, 11am Links for Success, noon Job Searching, 1pm Foundations PS, 1pm Bridges, 1 – 3pm Breast Cancer Support Group, 2pm Open Lab, 3 – 4:30pm 24:7 Dads Parenting Class, 6pm Launch Your Career, 7pm	9 Journey in Vernon, 10am – 2pm NJYC, 10am – 4:30pm Links for Success, 11am Mommy Party, noon, <i>PSS</i> Workforce Wednesday, 1pm HOW Open House, 4pm Parents' Support Group, 7pm	10 NJYC, 10am – 4:30pm Career Foundations, 10am Open Lab, 10am – noon Word, 10am – noon Budget Basics, 11am Links for Success, 1pm Foundations PS, 1pm Networking & Social Media, 1pm Bridges, 1 – 3pm Open Lab, 3 – 4:30pm NJYC Open House, 4:30pm 24:7 Dads Parenting Class, 6pm	11 Testing, 9:30am – 12:30pm HOW Open House, 10am NJYC 10am – noon Links for Success, 10am Open Lab, 1 – 3pm	12
13	14 NJYC, 10am – 4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm	15 Journey in Netcong, 10am – 2pm NJYC, 10am – 4:30pm Career Foundations, 10am Open Lab, 10am – noon Word, 10am – noon Budget Basics, 11am Links for Success, noon Job Searching, 1pm Foundations PS, 1pm Bridges, 1 – 3pm Open Lab, 3 – 4:30pm ACT Parenting Class, 6pm 24:7 Dads Parenting Class, 6pm	16 Journey in Hopatcong, 10am – 2pm NJYC, 10am – 4:30pm Links for Success, 11am Workforce Wednesday, 1pm HOW Open House, 4pm	17 Journey in Franklin, 10am – 2pm NJYC, 10am – 4:30pm Career Foundations, 10am Open Lab, 10am – noon Word, 10am – noon Budget Basics, 11am Links for Success, 1pm Foundations PS, 1pm Networking & Social Media, 1pm Bridges, 1 – 3pm Open Lab, 3 – 4:30pm NJYC Open House, 4:30pm 24:7 Dads Parenting Class, 6pm	18 Testing, 9:30am – 12:30pm HOW Open House, 10am NJYC 10am – noon Links for Success, 10am NJYC Open House, noon Open Lab, 1 – 3pm	19
20	21 NJYC, 10am – 4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm	22 Journey in Hackettstown, 9:30am – 3:30pm NJYC, 10am – 4:30pm Career Foundations, 10am Open Lab, 10am – noon Word, 10am – noon Budget Basics, 11am Mommy Party, 11am, <i>Hackettstown</i> Links for Success, noon Job Searching, 1pm Foundations PS, 1pm Bridges, 1 – 3pm Open Lab, 3 – 4:30pm ACT Parenting Class, 6pm 24:7 Dads Parenting Class, 6pm Launch Your Career, 7pm	23 Journey in Vernon, 10am – 2pm NJYC, 10am – 4:30pm C2C, 10am Links for Success, 11am Workforce Wednesday, 1pm Connections Matter, <i>Spanish</i>, 2pm HOW Open House, 4pm Parents' Support Group, 7pm	24 Career Foundations, 10am NJYC, 10am – 4:30pm Open Lab, 10am – noon Word, 10am – noon Budget Basics, 11am Links for Success, 1pm Foundations PS, 1pm Networking & Social Media, 1pm Bridges, 1 – 3pm Baby Beginnings, 1pm Open Lab, 3 – 4:30pm NJYC Open House, 4:30pm 24:7 Dads Parenting Class, 6pm Family Law, 7pm	25 Testing, 9:30am – 12:30pm HOW Open House, 10am NJYC 10am – noon Links for Success, 10am NJYC Open House, noon Open Lab, 1 – 3pm	26
27	28 NJYC, 10am – 4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm Car Seat Safety Check, 2 – 4pm	29 Journey in Netcong, 10am – 2pm NJYC, 10am – 4:30pm Open Lab, 10am – noon Word, 10am – noon Links for Success, noon Job Searching, 1pm Foundations PS, 1pm Bridges, 1 – 3pm ACT Parenting Class, 6pm Launch Your Career, 7pm	30 Journey in Hopatcong, 10am – 2pm NJYC, 10am – 4:30pm Links for Success, 11am Workforce Wednesday, 1pm HOW Open House, 4pm Family Night at Little Spruce, 5:30pm Brilliant, Resilient You, 6pm			

October Events

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1 Journey in Franklin, 10am – 2pm NYJC, 10am – 4:30pm Open Lab, 10am – noon Links for Success, 1pm Networking & Social Media, 1pm Bridges, 1 – 3pm Open Lab, 3 – 4:30pm NYJC Open House, 4:30pm	2 Testing, 9:30am – 12:30pm NYJC 10am – noon Links for Success, 10am Open Lab, 1 – 3pm	3
4	5 NYJC, 10am – 4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm	6 Journey in Hacktettown, 9:30am – 3:30pm HOW, 9:30am – 3pm NYJC, 10am – 4:30pm Career Foundations, 10am Open Lab, 10am – noon Excel, 10am – noon Budget Basics, 11am Links for Success, 1pm Foundations PS, 1pm Job Searching, 1pm Bridges, 1 – 3pm Open Lab, 3 – 4:30pm 24:7 Dads Parenting Class, 6pm ACT Parenting Class, 6pm Launch Your Career, 7pm	7 Journey in Vernon, 10am – 2pm NYJC, 10am – 4:30pm Links for Success, 11am Open Lab, 10am – noon Brilliant, Resilient You, 6pm Parents' Support Group, 7pm	8 HOW, 9:30am – 3pm NYJC, 10am – 4:30pm Career Foundations, 10am Open Lab, 10am – noon Excel, 10am – noon Budget Basics, 11am Links for Success, 1pm Foundations PS, 1pm Networking & Social Media, 1pm Bridges, 1 – 3pm Open Lab, 3 – 4:30pm NYJC Open House, 4:30pm 24:7 Dads Parenting Class, 6pm	9 Testing, 9:30am – 12:30pm NYJC 10am – noon Links for Success, 10am Open Lab, 1 – 3pm	10
11	12 AGENCY CLOSED	13 HOW, 9:30am – 3pm Journey in Netcong, 10am – 2pm NYJC, 10am – 4:30pm Career Foundations, 10am Open Lab, 10am – noon Excel, 10am – noon Budget Basics, 11am Links for Success, noon Foundations PS, 1pm Job Searching, 1pm Bridges, 1 – 3pm Breast Cancer Support Group, 2pm Open Lab, 3 – 4:30pm 24:7 Dads Parenting Class, 6pm ACT Parenting Class, 6pm	14 Journey in Hopatcong, 10am – 2pm NYJC, 10am – 4:30pm Links for Success, 11am Mommy Party, noon, <i>PS</i> Workforce Wednesday, 1pm Brilliant, Resilient You, 6pm	15 HOW, 9:30am – 3pm Journey in Franklin, 10am – 2pm NYJC, 10am – 4:30pm Career Foundations, 10am Open Lab, 10am – noon Excel, 10am – noon Budget Basics, 11am Links for Success, 1pm Foundations PS, 1pm Networking & Social Media, 1pm Bridges, 1 – 3pm Open Lab, 3 – 4:30pm NYJC Open House, 4:30pm 24:7 Dads Parenting Class, 6pm	16 Testing, 9:30am – 12:30pm NYJC 10am – noon Links for Success, 10am NYJC Open House, noon Open Lab, 1 – 3pm	17
18	19 NYJC, 10am – 4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm	20 Journey in Hacktettown, 9:30am – 3:30pm HOW, 9:30am – 3pm NYJC, 10am – 4:30pm Career Foundations, 10am Open Lab, 10am – noon C2C, 10am Excel, 10am – noon Budget Basics, 11am Mommy Party, 11am Hacktettown Links for Success, noon Foundations PS, 1pm Job Searching, 1pm Bridges, 1 – 3pm Open Lab, 3 – 4:30pm 24:7 Dads Parenting Class, 6pm ACT Parenting Class, 7pm	21 Journey in Vernon, 10am – 2pm NYJC, 10am – 4:30pm Career & Health Fair, 10am – 2pm Links for Success, 11am Workforce Wednesday, 1pm Brilliant, Resilient You, 6pm Parents' Support Group, 7pm	22 HOW, 9:30am – 3pm NYJC, 10am – 4:30pm Career Foundations, 10am Open Lab, 10am – noon Excel, 10am – noon Budget Basics, 11am Links for Success, 1pm Foundations PS, 1pm Networking & Social Media, 1pm Bridges, 1 – 3pm Baby Beginnings, 1pm Understanding ACES, 2pm Open Lab, 3 – 4:30pm 24:7 Dads Parenting Class, 6pm	23 Testing, 9:30am – 12:30pm NYJC 10am – noon Links for Success, 10am Open Lab, 1 – 3pm	24
25	26 NYJC, 10:00 am – 4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm	27 HOW, 9:30am – 3pm Journey in Netcong, 10am – 2pm NYJC, 10:00 am – 4:30pm Career Foundations, 10am Excel, 10am – noon Budget Basics, 11am Links for Success, noon Foundations PS, 1pm Job Searching, 1pm Bridges, 1 – 3pm Open Lab, 3 – 4:30pm 24:7 Dads Parenting Class, 6pm ACT Parenting Class, 6pm	28 Journey in Hopatcong, 10am – 2pm NYJC, 10:00 am – 4:30pm Links for Success, 11am Workforce Wednesday, 1pm Family Fun Night at Little Sprouts, 5:30pm Brilliant, Resilient You, 6pm	29 HOW, 9:30am – 3pm Journey in Franklin, 10am – 2pm NYJC, 10am – 4:30pm Career Foundations, 10am Excel, 10am – noon Budget Basics, 11am Links for Success, 1pm Foundations PS, 1pm Networking & Social Media, 1pm Bridges, 1 – 3pm NYJC, 10:00 am – 4:30pm Open Lab, 3 – 4:30pm 5:30pm Spooktacular, Halloween 24:7 Dads Parenting Class, 6pm Family Law, 7pm	30 Testing, 9:30am – 12:30pm NYJC 10am – noon Links for Success, 10am Open Lab, 1 – 3pm	31

Register for the Season of Hope Toy Shop!

Project Self-Sufficiency and our partners will distribute holiday gifts to over **2,200 children** in Sussex and Warren counties in 2026.



What To Bring With You To Register:

Proof of Residence (bring one)

You must be a resident of Sussex or Northern Warren County.

US postal mail, such as a utility bill
or Driver's License
or County ID

Child Verification (bring one for each child)

You must bring documentation for each child you intend to shop for.

Birth Certificate
or Report Card/School Record
or Social Security Card
or Medical ID Card

No documentation of income will be required, however please be prepared to supply your monthly income and sources of income. All information is strictly for the purpose of registering for the Season of Hope Toy Shop. Your information is 100% confidential. **Only those who have registered** will be admitted to the Toy Shop.

If you're in need of assistance to provide FREE holiday gifts for your children this year, the **Season of Hope Toy Shop** is here for you!

Register **IN PERSON** at Project Self-Sufficiency on one of these dates -

Monday, November 9	10:00 a.m. to 4:00 p.m.
Tuesday, November 10	10:00 a.m. to 4:00 p.m.
Wednesday, November 11	10:00 a.m. to 4:00 p.m.
Thursday, November 12	10:00 a.m. to 7:00 p.m.
Friday, November 13	10:00 a.m. to 4:00 p.m.
Saturday, November 14	9:00 a.m. to 12:00 p.m.



is a service offered to families in need by Project Self-Sufficiency



Find Us Online!

Websites:

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

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Threads

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

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Blogs:

<https://projectselfsufficiencynj.blogspot.com/>
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<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

