

Project Self-Sufficiency

May—June 2025

Newsletter

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

The Agency will be closed May 26th.

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



- ⇒ 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

Tuesdays & Thursdays, 10:00 a.m.—noon
May 1, 6, 8, 13, 15, 20, 22, 27, 29
June 3, 5, 10, 12, 17, 19, 24, 26

Breast Cancer Survivor Celebration

“Celebrate Hope & Healing”

Keynote Speaker—Workshops—Panel Discussion—Prizes—Luncheon & More!

Saturday, June 7th, 10am—1pm



Office Skills Training Program for Women

Rediscover Yourself—Summer Office Skills



Rediscover Yourself!

Learn More at an Open House

Mondays at 10:00 a.m.

Wednesdays at 5:00 p.m.

June 2, 9, 16, 23, 30

June 4, 11, 18, 25

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!

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 &



Learn More at an Open House!

Thursdays at 4:30 p.m.,
May 8, 15, 22, 29; June 5, 12, 19
Fridays at 12:30 p.m.,
May 9, 23, 30; June 6, 13, 20

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!

Parenting Skills Programs

“Triple P”—Positive Parenting Program

Learn about child development and positive parenting strategies by attending workshops, discussion groups, and one-on-one coaching sessions. Receive a gift card for participation!

See inside for details!

“Baby Beginnings” Continue in May & June!
Learn More Inside!

Goings On at Project Self-Sufficiency

“Baby Beginnings” in May & June

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.



Fridays, 1:00—3:00 p.m.

First Aid for Infants & Children, May 30th

Traveling with Baby & Infant Nutrition, June 27th

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.,

May 6, 13, 20, 27; June 3, 10, 17, 24



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.**

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.

Family Expo! Wednesday, May 21, 4—6pm!

Get Ready for the Summer!

Games—Crafts—Dinner—Music & More



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

May 2, 15, 29;
June 12, 26

Hackettstown, 9:30am—3:30pm

May 13, 27;*;
June 10, 24*

Hopatcong, 10am—2pm

May 7, 21;
June 4, 18

Netcong, 10am—2pm

May 6, 20;
June 3, 17

Vernon, 10am—2pm

May 7, 21;
June 4, 18

***Mommy Parties, 11—1pm, in Hackettstown!**

Adverse Childhood Experiences

PACEs Stakeholder Group Meeting

Thursday, May 22, 11:00 a.m.—*via Zoom*

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, May 28, 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, June 17, 2:00 p.m., English.—*via Zoom*

Wednesday, June 18, 2:00 p.m., Spanish.—*via Zoom*

Breast Cancer Survivor Celebration



Saturday, June 7th

10:00 a.m.—1:00 p.m.



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!

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!



Project Self-Sufficiency	Journey In Hackettstown
May 14, 12:00—2:00 p.m. June 11, 12:00—2:00 p.m.	May 27, 11:00 a.m.—1:00 p.m. June 24, 11:00 a.m.—1:00 p.m.

Parenting Programs Helps Parents, Educators

Address Behavior Issues, Anger Management Stress, & More

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

Workshops Targeted to Your Needs

Power of Positive Parenting	May 13, 5:00 p.m.
Raising Resilient Children	May 20, 5:00 p.m.
Raising Confident, Competent Children	May 27, 5:00 p.m.
Developing Good Bedtime Routines	June 17, 5:00 p.m.
Hassle-Free Mealtimes	June 24, 5:00 p.m.

Positive Parenting Group Class

Group Session with One-on-One Component —must attend all sessions	June 4, 11, 18, 25, 5:00 p.m.
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ACT Raising Safe Kids

Tuesdays via Zoom—must attend all sessions	May 13, 20, 27; June 3, 10, 17, 24, 6:00 p.m.
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Project Sussex Kids

Sussex County Council for Young Children

Steering Committee & PACEs Stakeholder Group Meeting

Thursday, May 22, 11:00 a.m. — via Zoom

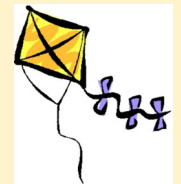
Home Visitation & Early Childhood Joint Advisory Board Meetings

Tuesday, June 3, 11:00 a.m., Project Self-Sufficiency

Wednesday, June 4, 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.

- Expand Your Circle May 5
- Improve Your Memory May 12
- SMART Goals May 19
- How to Make Instant Connections June 2
- Impact of Colors June 9
- Letting Go June 16
- Learn to Small Talk June 23
- Self-Advocacy June 30



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, May 12, 19; June 9, 23, 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, May 13 & June 10, 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, May 6, 13, 20, 27; June 3, 10, 17, 24, 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 May 7, June 4
- Job Searching May 14, June 11
- Interviewing Skills May 21, June 18
- First Day on the Job May 28, June 25

Parents’ Support Group—Via Zoom

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

Wednesdays, May 14, 28; June 11, 25, 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, Project Self-Sufficiency and the Sussex Warren Partnership to Prevent Child Sexual Abuse.

Wednesdays, May 28 & June 25, 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, May 15 & June 12, 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, May 22 & June 26, 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, May 28 & June 25, 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, May 13 & June 3, 5:00 p.m.

Bring the Kids to the

FAMILY EXPO!

Wednesday, May 21st • 4:00—6:00 p.m.

Up-to-Date Information about Programs & Services

Children’s Activities & Fun for the Whole Family

Music—Games—Crafts—Dinner

Opportunity to Win a Gift Card

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, noon, Wednesdays, 11:00 a.m., Thursdays, 1:00 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.

May 5, 12, 19; June 2, 9, 16, 23, 30

Job Searching ...

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

Tuesdays, 1:00 p.m.

May 6, 13, 20, 27; June 3, 10, 17, 24

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.

May 7, 14, 21, 28; June 4, 11, 18, 25

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.

May 1, 8, 15, 22, 29; June 5, 12, 19, 26

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.

May 2, 9, 16, 23, 30; June 6, 13, 27

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.

May 6, 7, 13, 14, 20, 21, 27, 28; June 3, 4, 10, 11, 17, 18, 24, 25

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

May 6, 8, 13, 15, 20, 22, 27, 29—**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

June 3, 5, 10, 12, 17, 19, 24, 26—**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

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

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

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

Fridays, May 30th & June 27th • 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, May 28 & June 25, 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.

May 5, 12, 19; June 2, 9, 16, 23, 30

Wednesdays, 11:00 a.m.

May 7, 14, 21, 28; June 4, 11, 18, 25

Thursdays, 1:00 p.m.

May 1, 8, 15, 22, 29; June 5, 12, 19, 26

Career Foundations—*In Person*

Tuesdays & Thursdays, 10:00 a.m.—noon

May Session One

May 6, 8, 13, 15

May Session Two

May 20, 22, 27, 29

June Session One

June 3, 5, 10, 12

June Session Two

June 17, 19, 24, 26

Foundations for Personal Success—

In Person

Tuesdays & Thursdays, 1:00—3:00 p.m.

May Session One

May 6, 8, 13, 15

May Session Two

May 20, 22, 27, 29

June Session One

June 3, 5, 10, 12

June Session Two

June 17, 19, 24, 26

Open Lab & Campus 2 Campus—

Via Zoom or in person

Tuesdays & Wednesdays,

10:00 a.m.—noon

May 6, 7, 13, 14, 20, 21, 27, 28;

June 3, 4, 10, 11, 17, 18, 24, 25

Or by appointment

Computer Classes

Microsoft Excel—*In Person*

Tuesdays & Thursdays, 10:00 a.m.—Noon

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

Microsoft Word—*In Person*

Tuesdays & Thursdays, 10:00 a.m.—Noon

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

Resumes & Cover Letters

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

May 5, 12, 19; June 2, 9, 16, 23, 30

Job Searching

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

May 6, 13, 20, 27; June 3, 10, 17, 24

Job Club/Workforce Wednesday—

In Person or Zoom

Wednesdays, 1:00 p.m.

May 7, 14, 21, 28; June 4, 11, 18, 25

Networking & Social Media

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

May 1, 8, 15, 22, 29; June 5, 12, 19, 26

Career Success & Financial Management

Fridays, 11:00 a.m.—*In Person or Zoom*

May 2, 9, 16, 23, 30; June 6, 13, 27

Testing

CASAS, Work Readiness, Accuplacer

Fridays, 9:30 a.m.—12:30 p.m.

May 2, 9, 16, 23, 30; June 6, 13, 27

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

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

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

Higher Opportunities for Women

Tuesdays & Thursdays, through June 5, 9:30am—3pm

Contact Your Case Manager to Apply for the Summer Office Skills program!

Mommy Parties

Project Self-Sufficiency, noon

Wednesdays, May 14 & June 11

Hackettstown, 11:00 a.m.

Tuesdays, May 27 & June 24

Legal Seminars—*Via Zoom*

Thursdays,

Family Law,

May 22 & June 12, 7:00 p.m.

Adverse Childhood Experiences

Understanding ACEs—*Via Zoom*

Wednesday, 2:00 p.m.

May 28

Connections Matter

English—*Via Zoom*

Tuesday, June 17, 2:00 p.m.

Español—*a través de Zoom*

Miercoles, 18 de Junio, 2:00 p.m.

Enough Abuse Workshop—*Via Zoom*

Wednesday, 3:00 p.m.

May 28 & June 25

Baby Beginnings

First Aid for Infants

May 30, 1:00 p.m.

Traveling with Baby & Infant Nutrition

June 27, 1:00 p.m.

Project Sussex Kids

Steering Committee Meeting & PACES

Stakeholder Group Meeting

Thursday, May 22, 11:00 a.m.

Home Visitation & Early Childhood Joint

Advisory Board Meeting

Tuesday, June 3, 11:00 a.m.,

Project Self-Sufficiency

Wednesday, June 4, 11:00 a.m.,

Phillipsburg Housing Authority

Triple P Parenting Program

Workshops—*In Person*

Power of Positive Parenting

May 13, 5:00 p.m.

Raising Resilient Children

May 20, 5:00 p.m.

Raising Confident, Competent Children

May 27, 5:00 p.m.

Developing Good Bedtime Routines

June 17, 5:00 p.m.

Hassle-Free Mealtimes with Children

June 24, 5:00 p.m.

Group Positive Parenting Class

June 4, 11, 18, 25, 5:00 p.m.

ACT Raising Safe Kids Parenting Course

Tuesdays, 6:00 p.m.—*Via Zoom*

May 13, 20, 27; June 3, 10, 17, 24

Family Success Center

Motivation Monday—*Via Zoom*

Mondays, 2:00 p.m.

May 5, 12, 19; June 2, 9, 16, 23, 30

Women's Support Group—*Via Zoom*

Monday, 7:00 p.m.

May 12, 19; June 9, 23

Parents' Support Group—*Via Zoom*

Wednesdays, 7:00 p.m.

May 14, 28; June 11, 25

Breast Cancer Support Group—*Via Zoom*

Tuesdays, 2:00 p.m.

May 13 & June 10

Father's Support Group—*In Person*

Tuesdays, 6:00 p.m.

May 6, 13, 20, 27; June 3, 10, 17, 24

Ages & Stages Information Session—*Via Zoom*

Thursdays, 3:00 p.m.

May 22 & June 26

Health Equity Presentation—*Via Zoom*

Thursdays, 3:00 p.m.

May 15 & June 12

Parent Advisory Council Meeting—*In Person & Via Zoom*

Tuesday, 5:00 p.m.

May 13 & June 3

Family Nights at Little Sprouts

Tuesdays, 5:30 p.m.

May 28 & June 25

Family Expo

Wednesday, May 21, 4:00—6:00 p.m.

Breast Cancer Survivor Celebration

Saturdays, 10:00 a.m.—1:00 p.m.

June 7

Project Self-Sufficiency Events, May 2025

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

Project Self-Sufficiency Events, June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 NIYC, 10am—4:30pm SOS Open House, 10am Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm	3 Journey, Netcong, 10am—2pm HOW, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon Open Lab/C2C, 10am—noon NIYC, 10am—4:30pm Word 10am—noon Home Visitation & Early Childhood Joint Advisory Board Meeting, 11am, PSS Job Searching, 1pm Foundations, 1—3pm FSC Parent Advisory Council, 5pm Raising Safe Kids, 6pm	4 Journey, Vernon, 10am—2pm NIYC, 10am—4:30pm Links for Success, 11am Job Club/Workforce Wednesday, 1pm Open Lab/C2C, 10am—noon Home Visitation & Early Childhood Joint Advisory Board Meeting, 11am, Phillipsburg Group Positive Parenting Class, 5pm SOS Open House, 5pm	5 HOW, 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 NIYC Open House, 4:30pm	6 Testing, 9:30am—12:30pm NIYC, 10am—4:30pm Financial Management, 11am NIYC Open House, 12:30pm	7 Breast Cancer Survivor Celebration, 10am—1pm
8	9 NIYC, 10am—4:30pm SOS Open House, 10am Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm Women's Support Group, 7pm	10 Journey, Hacktettstown, 9:30am—3:30pm HOW, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon Open Lab/C2C, 10am—noon NIYC, 10am—4:30pm Word 10am—noon Job Searching, 1pm Foundations, 1—3pm Breast Cancer Support Group, 2pm Raising Safe Kids, 6pm Fathers' Support Group, 6pm	11 Journey, Hopatcong, 10am—2pm NIYC, 10am—4:30pm Links for Success, 11am Mommy Party, noon, <i>Project Self-Sufficiency</i> Job Club/Workforce Wednesday, 1pm Open Lab/C2C, 10am—noon Group Positive Parenting Class, 5pm SOS Open House, 5pm Parents' Support Group, 7pm	12 Journey, Franklin, 10am—2pm HOW, 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 Health Equity, 3pm NIYC Open House, 4:30pm Family Law, 7pm	13 Testing, 9:30am—12:30pm NIYC, 10am—4:30pm Financial Management, 11am NIYC Open House, 12:30pm	14
15	16 NIYC, 10am—4:30pm SOS Open House, 10am Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm	17 Journey, Netcong, 10am—2pm HOW, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon NIYC, 10am—4:30pm Word, 10am—noon Job Searching, 1pm Foundations, 1—3pm Connections Matter, 2pm, <i>English</i> Bedtime Routines, 5pm Raising Safe Kids, 6pm Fathers' Support Group, 6pm	18 Journey, Vernon, 10am—2pm NIYC, 10am—4:30pm Links for Success, 11am Job Club/Workforce Wednesday, 1pm Open Lab/C2C, 10am—noon Connections Matter, 2pm, <i>Spanish</i> Group Positive Parenting Class, 5pm SOS Open House, 5pm	19 HOW, 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 NIYC Open House, 4:30pm	20 Testing, 9:30am—12:30pm NIYC, 10am—4:30pm Financial Management, 11am NIYC Open House, 12:30pm	21
21	23 NIYC, 10am—4:30pm SOS Open House, 10am Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm Women's Support Group, 7pm	24 Journey, Hacktettstown, 9:30am—3:30pm HOW, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon Open Lab/C2C, 10am—noon NIYC, 10am—4:30pm Word 10am—noon Mommy Party, 11am, <i>Hacktettstown</i> Job Searching, 1pm Foundations, 1—3pm Hassle-Free Mealtimes, 5pm Raising Safe Kids, 6pm Fathers' Support Group, 6pm	25 Journey, Hopatcong, 10am—2pm NIYC, 10am—4:30pm Links for Success, 11am Job Club/Workforce Wednesday, 1pm Open Lab/C2C, 10am—noon Enough Abuse, 3pm Group Positive Parenting Class, 5pm SOS Open House, 5pm Family Fun Night at Little Sprouts, 5:30pm Parents' Support Group, 7pm	26 Journey, Franklin, 10am—2pm HOW, 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 Ages & Stages, 3pm	27 Testing, 9:30am—12:30pm NIYC, 10am—4:30pm Financial Management, 11am Baby Beginnings, 1pm	28
29	30 NIYC, 10am—4:30pm SOS Open House, 10am Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm					

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