

# Project Self-Sufficiency NEWSLETTER

January—February 2024

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The Agency will be closed January 1, 15 & February 19, 2024

## Giving Thanks for a Generous Community

**We are grateful for the exceptional organizations, businesses, and individuals who brightened the holidays for local families!**

This year, Project Self-Sufficiency distributed more than **500** Thanksgiving meals—complete with frozen turkeys and all of the fixings—to families in need. Many thanks to the incredibly generous donations from our magnanimous supporters!



Thousands of children were served by the 2023 Season of Hope Toy Shop. This monumental feat would not have been possible without overwhelming support from our Board of Directors, hard-working staff, dedicated volunteers, and community partners. Forty-five local schools participated in the Stuff the Stocking contest, and toy donations were made by hundreds of people, businesses and organizations. Over 100 musicians volunteered to perform holiday tunes for all to enjoy.

## New Jersey Youth Corps Enrolling Now

**Get College Credits While You Work Towards Your Diploma!**

Did you know that you can get **THREE college credits** from Sussex County Community College while you work towards your high school diploma with Project Self-Sufficiency's New Jersey Youth Corps program? High school drop outs from Sussex & Warren counties, ages 16—25, can get high school equivalency and employment skills training, work experience through community service, and more. **Starts February 26th!**



"The New Jersey Youth Corps gave me another chance to do right by myself. The staff and students made me feel welcomed, safe, and at ease. My fellow students inspired me to be better, work harder, and be brave. I'm thrilled to say that I've achieved my high school diploma and I'm going to college."  
- Josie

Learn More at an Open House!

**Tuesdays at Noon**  
January 9, 16, 23, 30  
February 6, 13, 20, 27

**Thursdays at 5:00 p.m.**  
January 11, 18, 25  
February 1, 8, 15, 22, 29

## Parenting Skills Program

**"Triple P"—Positive Parenting Program**

Learn about child development and positive parenting strategies by attending virtual and in-person seminars, support groups, and workshops. Offered on-site at PSS and at select locations in the community. **Check inside for details!**



## Need a Driver's License?

**Bridges Helps Pregnant & Parenting Young Adults**

Get driver's education training along with a range of comprehensive support services geared towards getting on the road to successful parenting and employment. Designed for young adults, ages 16—24; program participants are poised to move on to higher education, unsubsidized employment, occupational training, apprenticeships, or military service. **Tuesdays & Thursdays, 10:00 a.m.—noon**

## New Support Group for Fathers

**Dads Need Support, Too!**



Share challenges and success stories while getting support from other fathers by attending a support group hosted by Project Self-Sufficiency's Matt Berke. **Tuesdays, 6:00 p.m. Starts in February!**

## Office Skills Training Program for Women

**Higher Opportunities for Women Starts in February!**



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**

## Valentine's Day Party!

Dance Your Heart Out!  
**Thursday, February 8th, 6:00 p.m.**



# Goings On at Project Self-Sufficiency

## Adverse Childhood Experiences



*Presentations in English & Spanish!*

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

*Intensive ACES education—Impact on the Brain—Information, Educational Videos, Peer-to-Peer Interaction— Tips and Strategies for Building Resiliency— Featured Trauma Expert Presenters and Topics*

Appropriate for parents and providers raising and teaching school-aged children. Advance registration encouraged.



**English**  
January 16, 2pm  
(Zoom)

**Español**  
18 de Enero, 2pm  
(Zoom)

## PACEs Stakeholder Group Meeting

Tuesday, January 9, 11:00 a.m.—*in person*

## Understanding ACEs

**Parents, Caregivers, Community Providers**

Learn how adversity affects health and well-being throughout life. Discuss brain development, community core protective systems capacity, and the importance of attachment and belonging.

Thursday, January 25, 2:00 p.m.—*via Zoom*

## Family Fun Nights Continue

**Thursdays are for Together Time!**

Don't make dinner on Thursdays—Join us for pizza, games, crafts, and fun family activities instead!



January 11, 18, 25;  
February 1, 8, 15, 22, 29,  
6:00—7:30 p.m.

## Make a New Year's Resolution to Focus on Yourself!

Sign up for the Winter session of **Higher Opportunities for Women** and get started on the New You!



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

*Help with career development, food, and other assistance!*

#### Franklin, 10am—2pm

January 11, 25;  
February 8, 22

#### Netcong, 10am—2pm

January 9, 23;  
February 6, 20

#### Hackettstown, 9:30am—3:30pm

January 2, 16, 30\*;  
February 13\*, 27

#### Vernon, 10am—2pm

January 3, 17, 31;  
February 14, 28

#### Hopatcong, 10am—2pm

January 10, 24;  
February 7, 21

*\*Mommy Parties, 12—2pm, in Hackettstown!*

## Legal Advice & Education

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

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

## 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.**



### Meet Melicia!

*"Because of Project Self-Sufficiency, I am more confident as a person and as a mother. I'm not afraid to try new things, including asking for help when I need it."*



## Home Visitation Services, Connecting NJ, & Project Sussex Kids

*Project Self-Sufficiency offers three evidence-based home visitation programs tailored to meet the needs of low-income parents. Factors such as residency, pregnancy and the age and number of children, help determine which program is best suited for the parents' needs.*

### Home Visits Help Parents of Young Children

Women who are pregnant or parenting a young child can receive regular consultations from a nurse or certified family support worker via online video platforms, phone or in a safe, socially distant setting at home or in a public place through one of the three Home Visitation Programs offered by Project Self-Sufficiency in Sussex, Warren and Hunterdon counties. The visiting professionals provide support, education and counseling on health, behavioral and self-sufficiency issues.

**To find out more about the home visitation programs at Project Self-Sufficiency, call 973-940-3500.**



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
January 10, noon February 14, noon	January 30, noon February 13, noon



### Parenting Programs Helps Parents, Educators

**"Triple P" Addresses Behavior Issues, Stress, & More**

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

**"ACT" Targets Anger Management & Discipline**

Understand behavior, learn effective anger management and positive discipline. Class completion certificate available.



<b>Parenting Discussion Class</b>	Project Self-Sufficiency, February 7, 15, 21, 28, 6:00 p.m.
<b>Power of Positive Parenting</b>	Project Self-Sufficiency, January 10, 6:00 p.m. Durban Avenue School, January 23, 6:00 p.m.
<b>Raising Resilient Children</b>	Project Self-Sufficiency, January 17, 6:00 p.m. Montague Township School, February 13, 5:00 p.m.
<b>Raising Confident, Competent Children</b>	Project Self-Sufficiency, January 24, 6:00 p.m. Project Self-Sufficiency, February 13, 6:00 p.m. Durban Avenue School, February 27, 6:00 p.m.
<b>Dealing with Disobedience</b>	Sunny Days Childcare, February 21, 6:00 p.m.
<b>ACT Raising Safe Kids Class</b>	Tuesdays, <i>via Zoom</i> , January 23—March 5, 6:00 p.m.



NJ Resources Helping Families Thrive

*We connect New Jersey families - moms, dads, newborns, teens, young adults, and grandparents -*

*with the best health and social resources available in our community.*

**Struggling with utility bills?** We can help! Gather photo ID, social security card, proof of income, proof of residence, and a current utility bill, and meet with a friendly family support worker who will advocate for you and help you complete utility assistance applications.



*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.*

**Don't get left out in the cold—**  
**Connect with PSS today!**



What's Happening at the Journey Family Success Center?



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

Virtual 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.

- Replace Resolutions with Routines
Distress Tolerance, a Key to Wise Decisions
Overcoming the Mid-Winter Blahs
Peace-Up Your Space
Alone, But Not Lonely
Fostering Harmony in Your Life & Relationships

- January 8
January 22
January 29
February 5
February 12
February 26



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, January 8, 29; February 12, 26, 7:00 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
Virtual Job Searching
Interviewing Skills
First Day on the Job
Linked In

- January 3, February 7
January 10, February 14
January 17, February 21
January 24, February 28
January 31

Parenting Support Group—Via Zoom

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

Wednesdays,

January 10, 24; February 7, 14, 7:00 p.m.

Enough Abuse Workshops—Via Zoom

Teens and adults are invited to learn about the prevention of child sexual assault at free training sessions offered by the Enough Abuse Campaign, a cooperative effort of Prevent Child Abuse New Jersey, Project Self-Sufficiency and the Sussex Warren Partnership to Prevent Child Sexual Abuse. Learn to recognize and prevent child sexual abuse and increase awareness of safe practices for potential victims.

Wednesday, January 17 & February 21, 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, January 18 & February 15, 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, January 11 & February 8, 3:00 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, January 9 & February 13, 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, February 6, 13, 20, 27, 6:00 p.m.

Separation & Divorce Support Group for Women—In Person

Designed for women navigating the process of separating or divorcing. Join us for education, support, personal growth, and interpersonal development.

Thursdays, January 11, 18, 25; February 1, 8, 15, 22, 29, 6:00 p.m.

Family Fun Nights!—In Person

Bring the Kids—Dinner Provided

Get the kids out of the house and enjoy fun activities, games, family movies, music, crafts and more. Dinner is on us!

Thursdays, 6:00 p.m.

January 11, 18, 25; February 1, 8, 15, 22, 29

Family Success Center Parent Advisory Board

Childcare & Dinner Provided

We want to hear about the issues you are facing and get feedback about ideas for future activities and events. Join your fellow parents and help us to help you on the path to success!

Tuesdays, 5:00 p.m.

January 30 & February 27



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, 12:00 p.m.
Thursdays, 11:00 a.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.

## What's 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.**

January 8, 22, 29; February 5, 12, 26



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

**Tuesdays, 1:00 p.m.**

January 2, 9, 16, 23, 30; February 6, 13, 20, 27

### 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.**

January 3, 10, 17, 24, 31; February 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.**

January 4, 11, 18, 25; February 1, 8, 15, 22, 29

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

**Fridays, 11:00 a.m.**

January 5, 12, 19, 26; February 2, 9, 16, 23

**Open Employment Lab** ... Meet with Career Center staff in person or on Zoom to work on individual career needs: Build your resume, review your cover letter, participate in a mock interview, and get help with your computer skills.

### Campus 2 Campus

Campus 2 Campus is a partnership between PSS and Sussex County Community College designed to help non-traditional students take the next step towards college and a career. Offered during Open Lab.

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

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

January 3, 8, 10, 17, 22, 24, 29, 31; February 5, 7, 12, 14, 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**

January 9, 11, 16, 18, 23, 25, 30—**In Person**

**Microsoft Word** ... Learn word-processing, create professional-looking letters, newsletters, and other documents. Use mail merge features to print mailing labels and address letters to multiple recipients.

**Tuesdays & Thursdays, 10:00 a.m.—Noon**

February 6, 8, 13, 15, 20, 22, 27, 29—**In Person**

## Office Skills Training Program for Women

**Return to the Workforce with Confidence!**

The **Higher Opportunities for Women (HOW)** Program combines computer skills training with classroom instruction and on-the-job experience. Women who have been out of the workforce or underemployed are prepared to seek entry-level office administrative positions.

**Tuesdays & Thursdays, 9:30 a.m.—3:00 p.m.**

**Contact Your Case Manager to Apply for the Next Session!**



## New Jersey Youth Corps **Get a High School Diploma!**



Registration for the next session of the New Jersey Youth Corps is underway. Teens and adults, ages 16—25, who have not completed high school are moving forward with high school equivalency instruction, vocational training, community

service, and receiving THREE college credits. **New Jersey Youth Corps graduates are eligible to receive up to \$7,500 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 a Driver's License!**

Pregnant and parenting young adults, ages 16—24, are invited to get help with:

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

**Tuesdays & Thursdays, 10am—noon**



## Other Project Self-Sufficiency Programs & Services

### Free Legal Assistance & Education

#### Private Phone Consultations with an Attorney



Project Self-Sufficiency provides **FREE** legal assistance through our partnership with the IOLTA Fund of the Bar of New Jersey. PSS's Legal Assistance Program can provide a range of services including individual consultations on the following topics: Family Law, Bankruptcy, Landlord/Tenant, Elder Law, and Expungement. **Day & evening phone consultations available.** Free, virtual seminars are hosted by volunteer attorneys about Family Law, Bankruptcy, Landlord-Tenant issues, and other topics through the Journey Family Success Center.

### Bridges—Young Adult Employment Program

#### Help for Pregnant or Parenting Young Adults

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

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

**Bridges** helps pregnant and/or parenting moms and dads, aged 16-24, with job training, meeting educational goals, case management, and support. With funding from the NJ Department of Labor, young moms and dads can take the next steps toward a career!



## Be a Celebrity Reader!



### Keeping Families Together

Keeping Families Together is a supportive housing program providing housing vouchers, case management and clinical services in Sussex and Morris counties.

**We are looking for prospective landlords to partner with us!**

#### Benefits for Landlords

- ⇒ Staff Available by Phone 24/7
- ⇒ Consistent On-Time Rent Payments
- ⇒ Risk Mitigation
- ⇒ Reduced Vacancy
- ⇒ Long-term (5 Year) Housing Vouchers
- ⇒ Education and Support for Families to Become Successful Tenants



### Warren County Activities

**Programs and Services available in Warren County!**

#### Home Visitation Programs

**Nurse Family Partnership** ... Low-income, first-time mothers are paired with a nurse who visits them throughout the pregnancy and up until the child's second birthday.

**Healthy Families Program** ... For expectant parents and parents of infants. Participation in this program can count toward Work First New Jersey required activities.

#### Connecting NJ at PSS

Connecting NJ at Project Self-Sufficiency links 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.

### Childcare & Preschool at Little Sprouts

#### Join Our Little Sprouts Family!

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

Take a virtual tour on our website and be sure to **check out our YouTube channel!** Call 973-940-3540 to arrange a tour!



Seminars open to active Project Self-Sufficiency participants only.

## What's Happening at Project Self-Sufficiency

Courses and activities are free and available to active Project Self-Sufficiency participants.

Contact Project Self-Sufficiency for log-in information.

### Links for Success—*in Person*

**Mondays, 12:00 p.m.**

January 8, 22, 29; February 5, 12, 26

**Thursdays, 11:00 a.m.**

January 4, 11, 18, 25; February 1, 8, 15, 22, 29

### Career Foundations—*in Person*

**Tuesdays & Thursdays, 10:00 a.m.—noon**

**January Session One**

January 9, 11, 16, 18

**January Session Two**

January 23, 25, 30, February 1

**February Session One**

February 6, 8, 13, 15

**February Session Two**

February 20, 22, 27, 29

### Foundations for Personal Success—*in Person*

**Tuesdays & Thursdays, 1:00—3:00 p.m.**

**January Session One**

January 9, 11, 16, 18

**January Session Two**

January 23, 25, 30, February 1

**February Session One**

February 6, 8, 13, 15

**February Session Two**

February 20, 22, 27, 29

### Open Lab & Campus 2 Campus—*Via Zoom or in person*

**Mondays & Wednesdays, 2:00—4:00 p.m.**

January 3, 8, 10, 17, 22, 24, 29, 31; February 5, 7, 12, 14, 21, 26, 28

*Or by appointment*

### Computer Classes

**Microsoft Excel—*In Person***

**Tuesdays & Thursdays, 10:00 a.m.—Noon**

January 9, 11, 16, 18, 23, 25, 30

**Microsoft Word—*In Person***

**Tuesdays & Thursdays, 10:00 a.m.—Noon**

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

### Resumes & Cover Letters

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

January 8, 22, 29; February 5, 12, 26

### Job Searching

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

January 2, 9, 16, 23, 30; February 6, 13, 20, 27

### Job Club/Workforce Wednesday—*In Person or Zoom*

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

January 3, 10, 17, 24, 31; February 7, 14, 21, 28

### Networking & Social Media

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

January 4, 11, 18, 25; February 1, 8, 15, 22, 29

### Financial Management

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

January 5, 12, 19, 26; February 2, 9, 16, 23

### Testing

**CASAS, Work Readiness, Accuplacer**

**Fridays, 9:30 a.m.—12:30 p.m.**

January 5, 12, 19, 26; February 2, 9, 16, 23

### 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**

January 4, 9, 11, 16, 18, 23, 25, 30

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

### Higher Opportunities for Women

**Tuesdays & Thursdays, 9:30am—3pm**

*Contact Your Case Manager to Apply for the Next Session!*

### Mommy Parties

January 10 & February 14, **noon @PSS**

January 30 & February 13, **noon in**

**Hackettstown**

### Legal Seminars—*Via Zoom*

**Thursdays**

**Family Law,**

January 25, February 22, 7:00 p.m.

### Adverse Childhood Experiences

**Connections Matter**

**English—*Via Zoom***

Tuesday, January 16, 2:00 p.m.

**Español—*a través de Zoom***

Jueves, 18 de Enero, 2:00 p.m.

### Understanding ACEs: Building Self-Healing Communities—*Via Zoom*

**Thursday, 2:00 p.m.**

January 25

### Enough Abuse Workshops—*Via Zoom*

**Wednesday, 3:00 p.m.**

January 17 & February 21

### Project Sussex Kids

**Steering Committee Meeting & PACEs**

**Stakeholder Group Meeting**

Tuesday, January 9, 11:00 a.m.

**General Council Meeting**

Wednesday, January 24, 11:00 a.m.

### Valentine's Day Party

**Thursday, February 8, 6:00 p.m.**

### ACT Parenting Classes—*Via Zoom*

**Tuesdays, 6:00 p.m.**

January 23—March 5

### Triple P Parenting Program—*In Person*

**Power of Positive Parenting**

**January 10, 6:00 p.m., Project Self-Sufficiency**

**January 23, 6:00 p.m., Durban Avenue School**

**Raising Resilient Children**

**January 17, 6:00 p.m., Project Self-Sufficiency**

**February 13, 5:00 p.m., Montague Twp School**

**Raising Confident, Competent Children**

**January 24 & February 13, 6:00 p.m., at PSS**

**February 27, 6:00 p.m., Montague Twp School**

**Parenting Discussion Class**

**February 7, 15, 21, 28, 6:00 p.m.,**

*Project Self-Sufficiency*

**Dealing with Disobedience**

**February 21, 6:00 p.m., Sunny Days Childcare**

### Family Success Center

**Motivation Monday—*Via Zoom***

**Mondays, 2:00 p.m.**

January 8, 22, 29; February 5, 12, 26

**Women's Support Group—*Via Zoom***

**Mondays, 7:00 p.m.**

January 8, 29; February 12, 26

**Workforce Wednesday—*Via Zoom***

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

January 3, 10, 17, 24, 31; February 7, 14, 21, 28

**Parent Support Group—*Via Zoom***

**Wednesdays, 7:00 p.m.**

January 10, 24; February 7, 14

**Breast Cancer Support Group—*Via Zoom***

**Tuesday, 2:00 p.m.—*Via Zoom***

January 9 & February 13

**Father's Support Group—*In Person***

**Tuesdays, 6:00 p.m.**

February 6, 13, 20, 27

**Divorced & Separated Women Support Group**

**Thursdays, 6:00 p.m.—*In Person***

January 11, 18, 25; February 1, 8, 15, 22, 29

**Ages & Stages Information Session**

**Thursdays, 3:00 p.m.—*Via Zoom***

January 18 & February 15

**Health Equity Presentation—*Via Zoom***

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

January 11 & February 8

**Family Fun Nights—*In Person***

**Thursdays, 6:00—7:30 p.m.**

January 11, 18, 25; February 1, 8, 15, 22, 29

**Parent Advisory Board Meetings**

**Tuesdays, 5:00 p.m.—*In Person***

January 30 & February 27

Project Self-Sufficiency Events, January 2024

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1		1	<b>AGENCY CLOSED</b>	2	Journey in Hackettstown, 9:30am—3:30pm Bridges, 10am—noon Career Foundations, 10am—noon NIYC, 10am—4:30pm Job Searching 1pm Foundations, 1—3pm	3	Journey in Vernon, 10am—2pm NIYC, 10am—4:30pm Job Club/Workforce Wednesday, 1pm Open Lab/C2C 2—4pm	4	Bridges, 10am—noon Career Foundations, 10am—noon NIYC, 10am—4:30pm Links for Success, 11am Networking & Social Media, 1pm Foundations, 1—3pm	5	Testing, 9:30am—12:30pm NIYC, 10am—4:30pm Financial Management, 11am	6	
7		8	NIYC, 10am—4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm Open Lab/C2C 2—4pm Women's Support Group, 7pm	9	Journey in Netcong, 10am—2pm <b>Project Sussex Kids Steering Committee/PACES Stakeholder Meeting, 11am</b> Bridges, 10am—noon Career Foundations, 10am—noon NIYC, 10am—4:30pm Job Searching 1pm Foundations, 1—3pm Breast Cancer Support Group, 2pm	10	Journey in Hopatcong, 10am—2pm NIYC, 10am—4:30pm Mommy Party, noon, <i>at PSS</i> Job Club/Workforce Wednesday, 1pm Open Lab/C2C 2—4pm Power of Positive Parenting, 6pm, <i>PSS</i> Parent Support Group, 7pm	11	Journey in Franklin, 10am—2pm Bridges, 10am—noon Career Foundations, 10am—noon NIYC, 10am—4:30pm Excel 10am—noon Links for Success, 11am Networking & Social Media, 1pm Foundations, 1—3pm Health Equity, 3pm Family Fun Night, 6pm Divorced & Separated Women Support Group, 6pm	12	Testing, 9:30am—12:30pm NIYC, 10am—4:30pm Financial Management, 11am	13	
14		15	<b>AGENCY CLOSED</b>	16	Journey in Hackettstown, 9:30am—3:30pm Bridges, 10am—noon Career Foundations, 10am—noon NIYC, 10am—4:30pm Excel 10am—noon Job Searching 1pm Foundations, 1—3pm Connections Matter, 2pm, <i>English</i>	17	Journey in Vernon, 10am—2pm NIYC, 10am—4:30pm Job Club/Workforce Wednesday, 1pm Open Lab/C2C 2—4pm Enough Abuse, 3pm Raising Resilient Children, 6pm, <i>PSS</i>	18	Bridges, 10am—noon Career Foundations, 10am—noon NIYC, 10am—4:30pm Excel 10am—noon Links for Success, 11am Networking & Social Media, 1pm Foundations, 1—3pm Connections Matter, 2pm, <i>Spanish</i> Ages & Stages, 3pm Family Fun Night, 6pm Divorced & Separated Women Support Group, 6pm	19	Testing, 9:30am—12:30pm NIYC, 10am—4:30pm Financial Management, 11am	20	
21		22	NIYC, 10am—4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm Open Lab/C2C 2—4pm	23	Journey in Netcong, 10am—2pm Bridges, 10am—noon Career Foundations, 10am—noon NIYC, 10am—4:30pm Excel 10am—noon Job Searching 1pm Foundations, 1—3pm ACT Parenting Class, 6pm Power of Positive Parenting, 6pm, <i>Durban Ave School</i>	24	Journey in Hopatcong, 10am—2pm NIYC, 10am—4:30pm <b>Project Sussex Kids General Council Meeting, 11am</b> Job Club/Workforce Wednesday, 1pm Open Lab/C2C 2—4pm Raising Confident, Competent Children, 6pm, <i>PSS</i> Parent Support Group, 7pm	25	Journey in Franklin, 10am—2pm Bridges, 10am—noon Career Foundations, 10am—noon NIYC, 10am—4:30pm Excel 10am—noon Links for Success, 11am Networking & Social Media, 1pm Foundations, 1—3pm Understanding ACEs, 2pm Family Fun Night, 6pm Divorced & Separated Women Support Group, 6pm Family Law, 7pm	26	Testing, 9:30am—12:30pm NIYC, 10am—4:30pm Financial Management, 11am	27	
28		29	NIYC, 10am—4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm Open Lab/C2C 2—4pm Women's Support Group, 7pm	30	Journey in Hackettstown, 9:30am—3:30pm Bridges, 10am—noon Career Foundations, 10am—noon Word 10am—noon NIYC, 10am—4:30pm Excel 10am—noon Mommy Party, noon, <i>Hackettstown</i> Job Searching 1pm Foundations, 1—3pm FSC Parent Advisory Board Meeting, 5pm ACT Parenting Class, 6pm	31	Journey in Vernon, 10am—2pm NIYC, 10am—4:30pm Job Club/Workforce Wednesday, 1pm Open Lab/C2C 2—4pm						



Project Self-Sufficiency Events, February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1 Bridges, 10am—noon Career Foundations, 10am—noon NIYC, 10am—4:30pm Links for Success, 11am Networking &amp; Social Media, 1pm Foundations, 1—3pm Family Fun Night, 6pm Divorced &amp; Separated Women Support Group, 6pm</p>	<p>2 Testing, 9:30am—12:30pm NIYC, 10am—4:30pm Financial Management, 11am</p>	<p>3</p>
4	<p>5 NIYC, 10am—4:30pm Links for Success, noon Resumes &amp; Cover Letters, 1pm Motivation Monday, 2pm Open Lab/C2C 2—4pm</p>	<p>6 Journey in Netcong, 10am—2pm Bridges, 10am—noon Career Foundations, 10am—noon NIYC, 10am—4:30pm Word 10am—noon Job Searching 1pm Foundations, 1—3pm ACT Parenting Class, 6pm Father's Support Group, 6pm</p>	<p>7 Journey in Hopatcong, 10am—2pm NIYC, 10am—4:30pm Job Club/Workforce Wednesday, 1pm Open Lab/C2C 2—4pm Parenting Discussion Class, 6pm Parent Support Group, 7pm</p>	<p>8 <b>Valentine's Day Party, 6pm</b> Bridges, 10am—noon Career Foundations, 10am—noon NIYC, 10am—4:30pm Word 10am—noon Links for Success, 11am Networking &amp; Social Media, 1pm Foundations, 1—3pm Health Equity, 3pm Family Fun Night, 6pm Divorced &amp; Separated Women Support Group, 6pm</p>	<p>9 Testing, 9:30am—12:30pm NIYC, 10am—4:30pm Financial Management, 11am</p>	<p>10</p>
11	<p>12 NIYC, 10am—4:30pm Links for Success, noon Resumes &amp; Cover Letters, 1pm Motivation Monday, 2pm Open Lab/C2C 2—4pm Women's Support Group, 7pm</p>	<p>13 Journey in Hackettstown, 9:30am—3:30pm HOW, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon Mommy Party, noon, Hackettstown NIYC, 10am—4:30pm Word 10am—noon Job Searching 1pm Foundations, 1—3pm Breast Cancer Support Group, 2pm ACT Parenting Class, 6pm Raising Confident, Competent Children, 6pm, PSS Father's Support Group, 6pm Raising Resilient Children, 6pm, <i>Montague Twp School</i></p>	<p>14 Journey in Vernon, 10am—2pm NIYC, 10am—4:30pm Mommy Party, noon, at PSS Job Club/Workforce Wednesday, 1pm Open Lab/C2C 2—4pm Parent Support Group, 7pm</p>	<p>15 HOW, 9:30am—3pm NIYC, 10am—4:30pm Bridges, 10am—noon Career Foundations, 10am—noon Word 10am—noon Links for Success, 11am Networking &amp; Social Media, 1pm Foundations, 1—3pm Ages &amp; Stages, 3pm Divorced &amp; Separated Women Support Group, 6pm Parenting Discussion Class, 6pm</p>	<p>16 Testing, 9:30am—12:30pm NIYC, 10am—4:30pm Financial Management, 11am</p>	<p>17</p>
18	<p>19</p> <p style="text-align: center;"><b>AGENCY CLOSED</b></p>	<p>20 Journey in Netcong, 10am—2pm HOW, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon Word 10am—noon Job Searching 1pm Foundations, 1—3pm ACT Parenting Class, 6pm Father's Support Group, 6pm</p>	<p>21 Journey in Hopatcong, 10am—2pm NIYC, 10am—4:30pm Job Club/Workforce Wednesday, 1pm Open Lab/C2C 2—4pm Enough Abuse, 3pm Parenting Discussion Class, 6pm Dealing with Disobedience, 6pm, <i>Sunny Days Childcare</i></p>	<p>22 Journey in Franklin, 10am—2pm HOW, 9:30am—3pm NIYC, 10am—4:30pm Bridges, 10am—noon Career Foundations, 10am—noon Word 10am—noon Links for Success, 11am Networking &amp; Social Media, 1pm Foundations, 1—3pm Family Fun Night, 6pm Divorced &amp; Separated Women Support Group, 6pm Family Law, 7pm</p>	<p>23 Testing, 9:30am—12:30pm NIYC, 10am—4:30pm Financial Management, 11am</p>	<p>24</p>
25	<p>26 NIYC, 10am—4:30pm Links for Success, noon Resumes &amp; Cover Letters, 1pm Motivation Monday, 2pm Open Lab/C2C 2—4pm Women's Support Group, 7pm</p>	<p>27 Journey in Hackettstown, 9:30am—3:30pm HOW, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon NIYC, 10am—4:30pm Word 10am—noon Job Searching 1pm Foundations, 1—3pm ACT Parenting Class, 6pm Raising Confident, Competent Children, 6pm, <i>Montague Twp School</i> FSC Parent Advisory Board Meeting, 5pm Father's Support Group, 6pm</p>	<p>28 Journey in Vernon, 10am—2pm NIYC, 10am—4:30pm Job Club/Workforce Wednesday, 1pm Open Lab/C2C 2—4pm Parenting Discussion Class, 6pm</p>	<p>29 Bridges, 10am—noon Career Foundations, 10am—noon NIYC, 10am—4:30pm Word 10am—noon Links for Success, 11am Networking &amp; Social Media, 1pm Foundations, 1—3pm Family Fun Night, 6pm Divorced &amp; Separated Women Support Group, 6pm</p>		



## Parents of Kids Birth to Age 5!

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



### Did you know ...

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



#### Sussex County Residents:

English: <https://www.asqonline.com/family/74ef7a>  
Spanish: <https://www.asqonline.com/family/c1567c>

#### Warren County Residents:

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

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

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

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

[www.projectselfsufficiency.org](http://www.projectselfsufficiency.org)



## Little Sprouts Early Learning Center



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**Competitive Rates—Convenient Hours & Location—Quality Education using The Creative Curriculum—Caring, Professional Staff—All New, State-of-the-Art Facility**

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Or call (973) 940-3540 for a tour!

Free Preschool for Newton Residents, Ages 3+

### Find Us on the Internet

#### Websites:

[www.projectselfsufficiency.org](http://www.projectselfsufficiency.org)  
[www.littlesproutsearlylearningcenter.org](http://www.littlesproutsearlylearningcenter.org)  
[www.projectsussexkids.org](http://www.projectsussexkids.org)  
[www.journeyfsc.org](http://www.journeyfsc.org)

#### “Like” our Facebook Pages:

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#### 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](https://www.youtube.com/channel/UCQIQ61-7LfUnZXkN5_hpDQ?view_as=subscriber)  
**Project Self-Sufficiency:** [https://www.youtube.com/channel/UCgiUhYC6oK56wCwJIOrC3Sw?view\\_as=subscriber](https://www.youtube.com/channel/UCgiUhYC6oK56wCwJIOrC3Sw?view_as=subscriber)

#### Threads

[https://www.threads.net/@project\\_self\\_sufficiency](https://www.threads.net/@project_self_sufficiency)

