

Healthy Families

Home Visitation Program at Project Self-Sufficiency



- ◆ Free Visits in Your Own Home in Sussex & Warren Counties
- ◆ Get Advice about Work, Goal-Setting, Relationships
- ◆ Discuss Parenting, Nutrition, Health, Development, Literacy & More



I came to Project Self-Sufficiency for food and diapers when my son was 6 months old. During the first meeting with my home visitor, we had a really good time. My stepson has some learning disabilities and she helped him with his homework. She always has a smile on her face. It's so nice to be around that.

When I lost my job, my home visitor put us in touch with help for our electric bill. She identified different milestones for my son, like stacking blocks or feeding himself, and then showed me how to help him achieve them. The women has gone above and beyond. My son is aging out of the program now. But I just found out I am pregnant.

When I started with the program I was enrolled in nursing school. My home visitor helped me get a scholarship. I just graduated in April. It was really hard finishing the coursework while sheltering at home. I was doing my clinicals in the maternity and mental health areas when the pandemic hit. They issued me an emergency license because of the pandemic. It's been overwhelming. I was hoping to be able to give back to Project Self-Sufficiency when I became a nurse, but now it's a bit more challenging because of the pandemic and my pregnancy.

It's been very stressful. My husband's hours at work have decreased. My son doesn't understand why we are always at home, and my stepson wants to leave the house, but we can't. I am looking forward to resuming swimming lessons and our trips to the library.

Without the Healthy Families program at Project Self-Sufficiency, I wouldn't have as much knowledge about developmental milestones and community resources that are available at no cost in our community, like the reading programs at the library. Project Self-Sufficiency is a great resource.

To enroll, or to find out more about the Healthy Families program at Project Self-Sufficiency, call 973-940-3500 or visit www.projectsselfsufficiency.org.