Office Skills Training Program for Women
Rediscover Yourself—Summer Office Skills

Rediscover Yourself!

Boost your confidence, brush up on your computer skills, get help with your resume and resume interviewing, receive on-the-job experience at a community work site, and more!

Starts July 9th—Submit Your Application Today!

Summer Youth Employment Program
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 9—August 8, 9am—4pm

Back-to-School Fair
Kids Activities & Helpful Information for Parents
Get ready for a successful school year by attending the annual Back-to-School Fair! Haircuts, break-out sessions, backpacks, kids’ activities, community resources for parents and families.

Offering two separate events this year for your convenience—advance registration is required. Contact your case manager today.

August 15th, 10:00 a.m.—2:00 p.m. & 3:00—7:00 p.m.

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 July 8th!

Parenting Skills Programs
ACT & “Triple P”—Positive Parenting Program
Address anger management and learn about child development and positive parenting strategies by attending virtual and in-person seminars, support groups, and workshops. Offered online and at Project Self-Sufficiency. Check inside for details!

Don’t Miss Project Vacation,
July 15—19, 9am—noon!
Goings On at Project Self-Sufficiency

Adverse Childhood Experiences
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.

PACES Stakeholder Group Meeting
Thursday, July 11, 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.
Wednesday, July 31, 2:00 p.m.—via Zoom

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.

Learn about Car Seat Safety!
Safety Tips for Your Child
Representatives from the New Jersey Department of Children & Families will visit Project Self-Sufficiency to instruct families about the latest car seat regulations. Get helpful tips about securing your child in the car!
Wednesday, July 10th, 10am—2pm

PSS Journey & The Food Project are on the Road!
Help with career development, food, and other assistance!

Franklin, 10am—2pm
July 11, 25;
August 15, 29

Netcong, 10am—2pm
July 2, 16, 30*
August 20

Hackettstown, 9:30am—3:30pm
July 9, 30**;
August 13**, 27

Vernon, 10am—2pm
July 3, 17, 31;
August 21

Hopatcong, 10am—2pm
July 10, 24;
August 14, 28

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

Look for us at the Fair, August 2—10!

Support Group for Fathers
“Dads & Dinner”—Tools to Build a Solid Fatherhood
Dads need help, too! Join Project Self-Sufficiency’s Matt Berke and get tips on juggling fatherhood, jobs, and relationships from others in similar circumstances.

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

Project Vacation:
“What Will I Be When I Grow Up?
Jobs in Our Community!”

Kids Ages 4—10
Activities, games, crafts, and special guest presentations will help children explore the varied career options available in our ever-changing world. Space is limited; registration required.
July 15—19, 9:00 a.m.—noon
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 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.

Parenting Programs Helps Parents, Educators
“Triple P” Addresses Behavior Issues, Stress, & More
Learn practical strategies to address disobedience, mealtimes 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.

One-on-One Coaching also Available for Parents!

Parenting Workshops & Discussion Groups

<table>
<thead>
<tr>
<th>Workshop/Group</th>
<th>Dates/Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Getting Teenagers to Cooperate (Triple P)</td>
<td>July 9, 7:00 p.m.</td>
<td>Via Zoom</td>
</tr>
<tr>
<td>Power of Positive Parenting (Triple P)</td>
<td>July 11, 5:00 p.m.</td>
<td>In Person</td>
</tr>
<tr>
<td>Managing Fighting &amp; Aggression (Triple P)</td>
<td>July 16, 7:00 p.m.</td>
<td>Via Zoom</td>
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<td>Raising Resilient Children (Triple P)</td>
<td>July 18, 5:00 p.m.</td>
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<td>Reducing Family Conflict with Teens (Triple P)</td>
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<tr>
<td>Raising Confident, Competent Children (Triple P)</td>
<td>July 25, 5:00 p.m.</td>
<td>In Person</td>
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<tr>
<td>Coping with Teenagers’ Emotions (Triple P)</td>
<td>August 6, 7:00 p.m.</td>
<td>Via Zoom</td>
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<tr>
<td>Hassle Free Shopping with Children Discussion Group (Triple P)</td>
<td>August 8, 5:00 p.m.</td>
<td>In Person August 13, 7:00 p.m. — Via Zoom</td>
</tr>
<tr>
<td>Dealing with Disobedience Discussion Group (Triple P)</td>
<td>July 2, 7:00 p.m.</td>
<td>Via Zoom August 22, 5:00 p.m. — In Person</td>
</tr>
<tr>
<td>Hassle Free Mealtimes with Children Discussion Group (Triple P)</td>
<td>July 30, 7:00 p.m.</td>
<td>Via Zoom August 29, 5:00 p.m. — In Person</td>
</tr>
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<td>Building Teenagers’ Survival Skills/ Risk Reduction Strategies (Triple P)</td>
<td>August 20, 7:00 p.m.</td>
<td>Via Zoom</td>
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<td>Developing Good Bedtime Routines Discussion Group (Triple P)</td>
<td>September 4, 5:00 p.m.</td>
<td>In Person</td>
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<tr>
<td>ACT Parenting Class</td>
<td>Tuesdays, through August 13, 6:00 p.m. — Via Zoom</td>
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</table>

Attend SIX Parenting Sessions & Receive at $50 Gift Card!

Connecting NJ is a network of partners and agencies dedicated to helping New Jersey families thrive. We provide mothers, fathers, grandparents, and other sources of support and 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.

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.

For those who are pregnant or parenting an infant or toddler. Using the nationally acclaimed Parents as Teachers™ curriculum. Serving Sussex and Hunterdon counties.

Home Visitation Services, Connecting NJ, & Project Sussex Kids
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.
The Myth of Winning
Making the Middle Memorable
How to Self-Advocate
Overcoming Regret
Cultivating Mindfulness
Improving Your Productivity
Recognizing Your Progress
The Power of Silence
Developing Emotional Intelligence
July 1
July 8
July 15
July 22
July 29
August 5
August 12
August 19
August 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, July 1, 15; August 5, 19, 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
Job Searching
Interviewing Skills
First Day on the Job
Linked In
July 3, August 7
July 10, August 14
July 17, August 21
July 24, August 28

Parents’ Support Group — Via Zoom
Gain insights, share frustrations and success stories with other parents.

Wednesdays,
July 10, 24; August 14, 28, 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, July 24 & August 28, 3:00 p.m.

Ages & Stages Information Session — Via Zoom
Discuss developmental milestones for your young child and learn how to access an online tool to connect with resources for support.

Thursdays, July 18 & August 29, 3:00 p.m.

Health Equity — Via Zoom
A Community Health Worker will explain how factors like socio-economic status and ethnicity can impact your health and result in healthcare disparities. Learn how to advocate for yourself and your family.

Thursdays, July 11 & August 22, 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, July 9 & August 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, July 2, 9, 16, 23, 30; August 6, 13, 20, 27, 6:00 p.m.

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

Get the whole family ready for the new school year by attending the annual Back-to-School Fair at Project Self-Sufficiency!

♦ Attend workshops designed to address issues important to you and your family.
♦ Haircuts, school supplies, backpacks, sneakers, and more.

Daytime Session: 10:00 a.m.—2:00 p.m.
Afternoon Session: 3:00—7:00 p.m.

Contact your case manager to register!

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, 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 a.m.—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.

For more information, visit www.journeyfsc.org.
**Weekly Career Seminars**—in person or online!
*Contact Project Self-Sufficiency for log-in information.*
*Individual appointments available following each seminar*

**Resumes & Cover Letters** … Work on your resume and cover letter with our Career Center staff! Get feedback about writing style, content, and more!
**Mondays, 1:00 p.m.**
July 1, 8, 15, 22, 29; August 5, 12, 19, 26

**Job Searching** … Learn how to conduct a productive job search using a variety of resources.
**Tuesdays, 1:00 p.m.**
July 2, 9, 16, 23, 30; August 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.**
July 3, 10, 17, 24, 31; August 7, 14, 21, 28

**Networking & Social Media** … Maximize your job search by creating a LinkedIn profile, managing your professional identity on social media, and building a professional network.
**Thursdays, 1:00 p.m.**
July 11, 18, 25; August 1, 8, 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.**
July 12, 19, 26; August 2, 9, 16, 23, 30

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

**Mock Interviews** … Meet with Career Center staff over Zoom to participate in a practice, virtual interview.
*By appointment only.*
*Call to discuss your preference for in-person or Zoom meeting.*

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**Microsoft PowerPoint & Outlook** … Create custom slide shows and sophisticated presentations. Manage emails, contacts, tasks, calendars, group scheduling, and to-do lists.
**Tuesdays & Thursdays, 10:00 a.m.—Noon**
July 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**
August 6, 8, 13, 20, 22, 27, 29—**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., starts July 9th**
**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 $7,500 towards expenses for tuition, fees, and equipment needed for continuing education!
**Next Session Starts July 8!**
**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**
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

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.

“Without Project Self-Sufficiency, I wouldn’t have the confidence or the ability to grow my business and move forward in my profession as I get older.”

Project Self-Sufficiency Participant Robert

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 You Tube channel! Call 973-940-3540 to arrange a tour!
**Activities at a Glance**

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

Thursdays, 1:00 p.m.
July 11, 18, 25; August 1, 8, 22, 29

**Career Foundations**—In Person
Tuesdays & Thursdays, 10:00 a.m.—noon
July Session One
July 9, 11, 16, 18

July Session Two
July 23, 25, 30, August 1

August Session One
August 6, 8, 13

August Session Two
August 20, 22, 27, 29

**Foundations for Personal Success**—In Person
Tuesdays & Thursdays, 1:00—3:00 p.m.

July Session One
July 9, 11, 16, 18

July Session Two
July 23, 25, 30, August 1

August Session One
August 6, 8, 13

August Session Two
August 20, 22, 27, 29

**Open Lab & Campus 2 Campus**—Via Zoom or In Person
Mondays & Wednesdays, 2:00—4:00 p.m.

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

Or by appointment

**Computer Classes**
Microsoft PowerPoint & Outlook—In Person
Tuesdays & Thursdays, 10:00 a.m.—Noon
July 9, 11, 16, 18, 23, 25, 30

Microsoft Word—In Person
Tuesdays & Thursdays, 10:00 a.m.—Noon
August 6, 8, 13, 20, 22, 27, 29

**Resumes & Cover Letters**
Mondays, 1:00 p.m.—In Person or Zoom
July 1, 8, 15, 22, 29; August 5, 12, 19, 26

**Job Searching**
Tuesdays, 1:00 p.m.—In Person or Zoom
July 2, 9, 16, 23, 30; August 6, 13, 20, 27

**Job Club/Workforce Wednesday**—In Person or Zoom
Wednesdays, 1:00 p.m.
July 3, 10, 17, 24, 31; August 7, 14, 21, 28

**Networking & Social Media**
Thursdays, 1:00 p.m.—In Person or Zoom
July 11, 18, 25; August 1, 8, 22, 29

**Financial Management**
Fridays, 11:00 a.m.—In Person or Zoom
July 12, 19, 26; August 2, 9, 16, 23, 30

**Testing**
CASAS, Work Readiness, Accuplacer
Fridays, 9:30 a.m.—12:30 p.m.
July 12, 19, 26; August 2, 9, 16, 23, 30

**New Jersey Youth Corps**
Monday—Friday, 10:00 a.m.—4:30 p.m.
Register now for the July session!

**Bridges**
Tuesdays & Thursdays, 10:00 a.m.—noon
July 2, 9, 11, 16, 18, 23, 25, 30;
August 1, 6, 8, 13, 20, 22, 27, 29

**Summer Office Skills**
Tuesdays & Thursdays, July 9—August 29, 9:30am—3pm
Contact Your Case Manager to Apply!

**Mommy Parties**
July 10 & August 14, noon @PSS
July 30 & August 13, noon in Hackettstown

**Legal Seminars**—Via Zoom
Thursdays, 7:00 p.m.
Family Law, July 18
Bankruptcy, August 22

**Adverse Childhood Experiences**
Connections Matter
English—Via Zoom
Tuesday, July 16, 2:00 p.m.
Español—a través de Zoom
Miercoles, 17 de Julio, 2:00 p.m.

Understanding ACEs—Via Zoom
Wednesday, 2:00 p.m.
July 31

**Enough Abuse Workshops**—Via Zoom
Wednesday, 3:00 p.m.
July 24 & August 28

**Project Sussex Kids**
Steering Committee Meeting & PACEs
Stakeholder Group Meeting
Thursday, July 11, 11:00 a.m.

General Council Meeting
Wednesday, September 18, 11:00 a.m.

**Car Seat Safety Presentation**
Wednesday, July 10th, 10am—2pm

**Back-to-School Fair**
Thursday, August 15,
10:00 a.m.—2:00 p.m. & 3:00—7:00 p.m.

**ACT Parenting Classes**—Via Zoom
Tuesdays, 6:00 p.m.
Through August 13

**Triple P Parenting Program**
Power of Positive Parenting
July 11, 5:00 p.m.

**Raising Resilient Children**
July 18, 5:00 p.m.

**Raising Confident, Competent Children**
July 25, 5:00 p.m.

**Parenting Discussion Groups**
Hassle Free Shopping with Children
August 8, 5:00 p.m.—In Person
August 13, 7:00 p.m.—Via Zoom

Dealing with Disobedience
July 2, 7:00 p.m.—Via Zoom
August 22, 5:00 p.m.—In Person

Getting Teenagers to Cooperate
July 9, 7:00 p.m.—Via Zoom

Managing Fighting & Aggression
July 16, 7:00 p.m.—Via Zoom

Reducing Family Conflict with Teens
July 23, 7:00 p.m.—Via Zoom

Hassle Free Mealtimes with Children
July 30, 7:00 p.m.—Via Zoom
August 29, 5:00 p.m.—In Person

Coping with Teenagers’ Emotions
August 6, 7:00 p.m.—Via Zoom

Building Teenagers’ Survival Skills/Risk Reduction Strategies
August 20, 7:00 p.m.—Via Zoom

Developing Good Bedtime Routines
September 4, 5:00 p.m.

**Family Success Center**
Motivation Monday—Via Zoom
Mondays, 2:00 p.m.
July 1, 8, 15, 22, 29; August 5, 12, 19, 26

Women’s Support Group—Via Zoom
Mondays, 7:00 p.m.
July 1, 15; August 5, 19

Parent Support Group—Via Zoom
Wednesdays, 7:00 p.m.
July 10, 24; August 14, 28

Breast Cancer Support Group—Via Zoom
Tuesdays, 2:00 p.m.
July 9 & August 13

Father’s Support Group—In Person
Tuesdays, 6:00 p.m.
August 6, 8, 13, 15, 20, 22, 27, 29

Ages & Stages Information Session—Via Zoom
Thursdays, 3:00 p.m.
July 18 & August 29

Health Equity Presentation—Via Zoom
Thursdays, 3:00 p.m.
July 11 & August 22

Enjoy the Summer!
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<thead>
<tr>
<th>Sunday</th>
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<tr>
<td>Journey in Vernon, 10am</td>
<td>Career Foundations, 10am</td>
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<td>Open Lab/C2C 2—4pm</td>
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Project Self-Sufficiency Events, July 2024

Sunday: Journey in Vernon, 10am – 2pm
Monday: Career Foundations, 10am – 2pm
Tuesday: Open Lab/C2C, 2-4pm
Wednesday: Career Foundations, 10am – 2pm
Thursday: Open Lab/C2C, 2-4pm
Friday: Journey in Vernon, 10am – 2pm
Saturday: Open Lab/C2C, 2-4pm
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<td>SOS, 9:30am — 3pm</td>
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