

# Project Self-Sufficiency Newsletter

September—October 2025

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The Agency will be closed September 1, October 13, 2025.

## Office Skills Training Program for Women

### Rediscover Yourself—Higher Opportunities for Women

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 September 23—Submit Your Application Today!**



### Learn More at an Open House

Wednesdays at 4:00 p.m.

Fridays at 10:00 a.m.

September 10 & 17

September 5 & 12

## Career & Health Fair

### Learn about Job Opportunities, Health & Wellness

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



Wednesday, October 22, 10am—2pm

## Are You Pregnant or a New Parent?

Get helpful information about pregnancy, childbirth, parenting, and more—baby items, prizes, and giveaways, too!

**Baby Beginnings**, September 18 & October 16, 1:00 p.m.

**Pregnancy & Infancy Summit**, October 3, 11:00 a.m.

## 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 & Warren counties, ages 16—25, can get high school equivalency and employment skills training, work experience through community service, and more.

**Next session starts in October!**



### Learn More at an Open House

Thursdays at 4:30 p.m.

Fridays at 12:30 p.m.

September 4, 11, 18, 25  
October 2, 9, 16

September 5, 12, 19, 26  
October 3, 10, 17

## Considering College?

### Take the Next Step with 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.

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

SCCC Info Sessions at PSS, **September 18, 10:00 a.m.**, **October 9, 4:00 p.m.**

September Session:

**September 23 (PSS) & September 25 (SCCC), 10:00 a.m.—noon**

October Session:

**October 14 (PSS) & October 17 (SCCC), 10:00 a.m.—noon**

## Aged 16—24 and Feeling Overwhelmed?

### Bridges to Employing Youth Might be for You!



- ⇒ 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

## Goings On at Project Self-Sufficiency

### Help for Moms and Parents-to-Be

#### "Pregnancy & Infancy Summit" and "Baby Beginnings"

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.



**Baby Beginnings: Learning How to Develop Healthy Bonds with Newborns, Infants & Toddlers—September 18, 1pm**

**Pregnancy & Infancy Summit—October 3, 11am**

**Baby Beginnings: Nutritious Meals—October 16**

### 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.,**

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



### 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.

### 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.**



## Project Self-Sufficiency The Food Project & 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

September 4, 18;

October 2, 16, 30

**Hackettstown, 9:30am—3:30pm**

September 9, 23;

October 7, 21

#### Hopatcong, 10am—2pm

September 3, 17;

October 1, 15, 29

#### Netcong, 10am—2pm

September 16, 30;

October 14, 28

#### Vernon, 10am—2pm

September 10, 24;

October 8, 22

**Look for the Food Van in**

**Netcong, September 2!**

## Adverse Childhood Experiences

### 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, September 25, 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, October 14, 2:00 p.m., English.—via Zoom**

**Wednesday, October 15, 2:00 p.m., Spanish.—via Zoom**

## Bring Your Resume to the career & HEALTH Fair!

**Wednesday, October 22 •  
10:00 a.m.—2:00 p.m.**

Up-to-Date Information about Health & Wellness

Meet Employers Who are Ready to Hire

Workshops—Mock Interviews—Job Searching Assistance

**Opportunity to Win a Gift Card**



## 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!

Project Self-Sufficiency	Journey In Hackettstown
September 10 12:00—2:00 p.m. October 8, 12:00—2:00 p.m.	September 30, 11:00 a.m.—1:00 p.m. October 21, 11:00 a.m.—1:00 p.m.

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!

### Parenting Programs Build Confidence

#### Address Behavior Issues, Reduce Stress, Build Confidence

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

Workshops Targeted to Your Needs Attend In Person or Online	
Power of Positive Parenting	September 2, 5:00 p.m.
Raising Resilient Children	September 9, 5:00 p.m.
Raising Confident, Competent	September 16, 5:00 p.m.

Positive Parenting Course	
Thursdays at 5:00 p.m.—in person & online	September 4, 11, 18, 25

### National Fatherhood Initiative—24:7 Dads

Learn the five characteristics of a 24:7 dad! Improve knowledge, behavior, and skills, help fathers to be more involved with their children, and ultimately strengthen families.

24:7 Dads Parenting Course	
Tuesdays & Thursdays at 6:00 p.m.—in person & online	October 7, 9, 14, 16, 21, 23, 28, 30; November 4, 6, 11, 13

### Project Sussex Kids

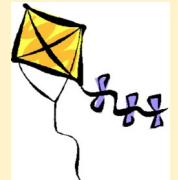
#### Sussex County Council for Young Children

#### Home Visitation & Early Childhood Joint Advisory Board Meetings

**Tuesday, September 9, 11:00 a.m., Project Self-Sufficiency**  
**Wednesday, September 10, 11:00 a.m., Phillipsburg Housing Authority**

#### Applications accepted on our websites!

Visit [www.projectsselfsufficiency.org](http://www.projectsselfsufficiency.org) or [www.projectsussexkids.org](http://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](http://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.**

What is Critical Thinking  
Critical Thinking Skills  
Trusted Sources  
Decision-Making Strategies  
Using the Web to Get Stuff Done  
Artificial Intelligence  
Internet Safety

September 8  
September 15  
September 22  
September 29  
October 6  
October 20  
October 27



### 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, September 8, 22; October 6, 20, 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, September 9 & October 14, 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, September 2, 9, 16, 23, 30; October 7, 14, 21, 28, 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  
Job Searching  
Interviewing Skills  
First Day on the Job  
Linked In

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

### Parents' Support Group—Via Zoom

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

**Wednesdays, September 10, 24; October 8, 22, 7:00 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, September 16 & October 14, 5:00 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](http://PreventChildAbuseNewJersey.org), Project Self-Sufficiency and the Sussex Warren Partnership to Prevent Child Sexual Abuse.

**Wednesdays, September 24 & October 22, 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, September 24 & October 22, 5:30 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, September 11 & October 9, 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, September 18 & October 16, 3:00 p.m.**

Bring Your Ghouls & Goblins to the

# Halloween Spooktacular

**Wednesday, October 29 •  
5:00 p.m.**

**Costumes—Music—  
Games—Crafts—Pizza!**



## 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 & Tuesdays, noon, Wednesdays, 11:00 a.m., Thursdays, 1:00 p.m., Fridays, 2:00 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.**

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

#### Job Searching ...

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

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

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

#### Workforce Wednesday/Job Club Support Group ...

Use this group to boost your reach! Review current leads for employment, get feedback from other job seekers, discuss the process and get support. Occasional guest speakers, too!

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

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

#### Networking & Social Media ...

Maximize your job search by creating a Linked In profile, managing your professional identity on social media, and building a professional network.

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

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

#### 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.**

September 5, 12, 19, 26; October 3, 10, 17, 24, 31

#### Open Employment Lab ...

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

**Tuesdays & Wednesdays, 10:00 a.m.—noon or by appointment.**

September 2, 3, 9, 10, 16, 17, 23, 24, 30;

October 1, 7, 8, 14, 15, 21, 22, 28, 29

#### 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  
September Session!**

#### Mock Interviews ... Meet with

Career Center staff over Zoom to participate in a practice, virtual interview. **By appointment only. In Person or Via Zoom.**

## 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.

**Mondays & Wednesdays, 10:00 a.m.—Noon**

September 8, 10, 15, 17, 22, 24, 29, October 1—**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.

**Mondays & Wednesdays, 10:00 a.m.—Noon**

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

#### 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**

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

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

#### Campus 2 Campus: College IS for You!

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!**

#### Information Sessions at PSS,

September 18, 10:00 a.m.—noon, October 9, 4:00 p.m.

##### September Session:

September 23 (PSS) & September 25 (SCCC), 10:00 a.m.—noon

##### October Session:

October 14 (PSS) & October 17 (SCCC), 10:00 a.m.—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.

### Baby Beginnings

#### For Parents of Young Kids & Mom-to-Be

Thursdays, September 18 & October 16 • 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**



### 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!**



### 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, September 24 & October 22, 5:30 p.m.**



## 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.**

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

#### **Tuesdays, 12:00 p.m.**

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

#### **Wednesdays, 11:00 a.m.**

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

#### **Thursdays, 1:00 p.m.**

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

#### **Fridays, 2:00 p.m.**

September 5, 12, 19, 26; October 3, 10, 17, 24, 31

### Career Foundations—*In Person*

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

##### **September Session One**

September 2, 4, 9, 11

##### **September Session Two**

September 16, 18, 23, 25

##### **October Session One**

October 7, 9, 14, 26

##### **October Session Two**

October 21, 23, 28, 30

### Foundations for Personal Success—

#### *In Person*

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

##### **September Session One**

September 2, 4, 9, 11

##### **September Session Two**

September 16, 18, 23, 25

##### **October Session One**

October 7, 9, 14, 16

##### **October Session Two**

October 21, 23, 28, 30

### Open Lab—*Online or in person*

#### **Tuesdays & Wednesdays,**

#### **10:00 a.m.—noon**

September 2, 3, 9, 10, 16, 17, 23, 24, 30;

October 1, 7, 8, 14, 15, 21, 22, 28, 29

**Or by appointment**

### Campus 2 Campus—*In person*

**Information Session at PSS,** September 18 (10:00 a.m.—noon), October 9 (4:00 p.m.)

#### **September Session, 10:00 a.m.—noon:**

September 23 (PSS) & September 25 (SCCC),

#### **October Session, 10:00 a.m.—noon:**

October 14 (PSS) & October 17 (SCCC)

### Computer Classes

#### **Microsoft Excel—*In Person***

#### **Mondays & Wednesdays, 10:00 a.m.—Noon**

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

#### **Microsoft Word—*In Person***

#### **Mondays & Wednesdays, 10:00 a.m.—Noon**

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

### Resumes & Cover Letters

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

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

### Job Searching

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

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

#### **Job Club/Workforce Wednesday—**

#### *In Person or Online*

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

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

### Networking & Social Media

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

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

### Career Success & Financial Management

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

September 5, 12, 19, 26; October 3, 10, 17, 24, 31

### Testing

#### **CASAS, Work Readiness, Accuplacer**

#### **Fridays, 9:30 a.m.—12:30 p.m.**

September 5, 12, 19, 26; October 3, 10, 17, 24, 31

### 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**

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

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

### Higher Opportunities for Women

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

Starts September 23

### Mommy Parties

#### **Project Self-Sufficiency, noon**

Wednesdays, September 10 & October 8

#### **Hackettstown, 11:00 a.m.**

Tuesdays, September 30 & October 21

### Legal Seminars—*Online*

#### **Thursdays,**

#### **Family Law, 7:00 p.m.**

September 25, October 23, November 20

### Adverse Childhood Experiences

#### **Understanding ACEs—*Online***

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

September 25

### Connections Matter

#### **English—*Online***

Tuesday, October 14, 2:00 p.m.

#### **Español—*en línea***

Miercoles, 15 de Octubre, 2:00 p.m.

### Enough Abuse Workshop—*Online*

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

September 24 & October 22

### Early Childhood

#### **Baby Beginnings, Thursdays, 1:00 p.m.**

September 18 & October 16

#### **Pregnancy & Infancy Summit**

Friday, October 3, 11:00 a.m.

### HOW Open Houses

#### **Fridays, 10:00 a.m.**

September 5 & 12

#### **Wednesdays, 4:00 p.m.**

September 10 & 17

### Home Visitation & Early Childhood Joint Advisory Board Meeting

#### **Tuesday, September 9, 11:00 a.m.,**

Project Self-Sufficiency

#### **Wednesday, September 10, 11:00 a.m.,**

Phillipsburg Housing Authority

### Triple P Parenting Program

#### **Workshops—*In Person & Online***

#### **Power of Positive Parenting**

September 2, 5:00 p.m.

#### **Raising Resilient Children**

September 9, 5:00 p.m.

#### **Raising Confident, Competent Children**

September 16, 5:00 p.m.

#### **Positive Parenting Course**

September 4, 11, 18, 25

### 24:7 Dads Parenting Course

#### **Tuesdays and Thursdays, 6:00 p.m.**

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

November 4, 6, 11, 13

### Family Success Center

#### **Motivation Monday—*Online***

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

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

#### **Women's Support Group—*Online***

#### **Monday, 7:00 p.m.**

September 8, 22; October 6, 20

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

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

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

#### **Breast Cancer Support Group—*Online***

#### **Tuesdays, 2:00 p.m.**

September 9 & October 14

#### **Parents' Support Group—*Online***

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

September 10, 24; October 8, 22

#### **Ages & Stages Information Session—*Online***

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

September 18 & October 16

#### **Health Equity Presentation—*Online***

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

September 11 & October 9

#### **Parent Advisory Council Meeting—*In Person & Online***

#### **Tuesdays, 5:00 p.m.**

September 16 & October 14

### Family Nights at Little Sprouts

#### **Tuesdays, 5:30 p.m.**

September 24 & October 22

### Career & Health Fair

#### **Wednesday, 10:00 a.m.—2:00 p.m.**

October 22

### New Jersey Youth Corps Open Houses

#### **Thursdays, 4:30 p.m.**

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

#### **Fridays, 12:30 p.m.**

September 5, 12, 19, 26; October 3, 10, 17

## Project Self-Sufficiency Participant News!

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**Alexa J.**, It's so much fun watching your kids grow, learn, and play together! You have a beautiful family ... **Alexandra C.**, One day at a time—you've got this ... **Alexia S.**, You've come so far—keep going ... **Alison W.**, Your work ethic is inspiring ... **Alycia F.**, Continue to work towards your goals. You are doing an amazing job ... **Amanda F.**, You are so attentive to your daughter and your love truly shows ... **Anacristina R.**, You are a blessing to your daughter—keep up the excellent parenting ... **Andrea D.P.**, Nunca te des por vencida ... **Angelica B.**, Continua con eso mismo deseo de criar a tu bebe apoyandolo en su crecimiento ... **Arianna M.**, Congratulations on passing your road test—you are unstoppable ... **Ashlee G.**, Congratulations on learning about parenting and for the care you give your baby ... **Belkis R.G-M.**, Congratulations on getting your driver's license and a car ... **Berveli C.**, Sigue adelante siendo esa mama interesada por la crianza de su hijo con responsabilidad ... **Bianca L.**, You are such a kind and wonderful role model for your daughter, despite difficult circumstances—keep going ... **Blanca M.J.**, Wishing your son a happy first birthday ... **Brenda G.**, Sigue adelante! Espero pronto volver a visitarlas en cuanto la bebe este regreso de sus vacaciones ... **Cassandra M-B.**, Big changes and a fresh start are on the horizon ... **Chelsea S.**, Congratulations on completing the NFP program. You are an awesome mom. Keep focusing on your goals ... **Christina D.**, Congratulations on the birth of your son! You wear motherhood very well ... **Christine K.**, Welcome to the program! You're a great mom and you've got this ... **Consuelo G.M.**, Sigue siendo positiva! La vida es bella ... **Cornelia C.**, Welcome to the program! We're so happy that you and your little boy have joined us ... **Danielle M.**, You are a wonderful mother ... **Debora M.P.**, Sigue tu lucha—tu eres una mujer fuerte ... **Deisy P.H.**, Recuerda siempre que tu puedes ... **Denys M.**, Te admire por tu gran resiliencia y fuerza de voluntad ... **Diana H.A.**, Me da mucho gusto concrete y entender que estas enfocada en la crianza con responsabilidad de tu bebe ... **Diana I.M.R.**, Your baby boy is so adorable ... **Diana T.**, Tu puedes! Cree en ti ... **Elisabet A.**, Continua con tu proposito siempre adelante ... **Elizabeth H-R.**, Te felicito por tu disposicion para poner en practica todo cuanto aprendes para el bienestar de tu bebe y tu familia ... **Elvia B.L.**, Felicidades por conseguir con exito todo lo que te propones para el bienestar de tu bebe ... **Eman E.**, Never give up—you can do anything you want! Go for it ... **Emilee B.**, You have raised such a joyful and gentle daughter—keep up the good work ... **Emily F.**, Your son is so smart, just like his parents ... **Emma S.**, Welcome to the program! So excited to work with you and your beautiful family ... **Evelyn M.**, Sigue adelante criando a tu hija con responsabilidad y amor. Felicidades por el bebe que viene en camino ... **Francisca G.**, Me encanto trabajar contigo—te deseo siempre lo mejor ... **Gabrielle M.**, Keep it up—you can do this ... **Hannah S.**, You are such a wonderful influence on your daughter—keep shining ... **Jakeline V.R.**, Welcome to the NFP program! It's wonderful to see how happy you are as a mother ... **Jamie M.**, Your perseverance and resilience are inspiring—keep your head up and know that you've got this ... **Janine V.**, You are achieving your goals and the best is yet to come for your family ... **Jennifer A.C.**, Sigue criando a tus hijos con esa misma fortaleza un dia a la vez ... **Jenny M.**, You're doing a great job balancing work and caring for your toddler ... **Jessika C.**, Congratulations on continuing tummy time with your baby, recognizing how important it is for development ... **Julia F.**, Your son is such a ray of sunshine ... **Julissa C.**, Congratulations on your college graduation! You're accomplishing it all and then some ... **Kade S.**, Your daughter's success is a reflection of your love and hard work ... **Kaitlyn T.**, Wishing you the best as you navigate your challenges ... **Karen O.B.**, Great job advocating for your daughter ... **Karina J.**, You're doing the best you can—remember that ... **Karla E.**, Gracias por permitirme entrar tu hogar y juntas seguir trabajando para bienestar de tu bebe ... **Karla G.**, Your baby daughter is so happy, thanks to you ... **Katelyn R.**, You are a very smart, strong, and loving mother ... **Katherine P.C.**, Congratulations on the birth of your baby! She is thriving beautifully and you are a great mother ... **Kennedee H.**, You are going to do so well in school and even better when you graduate ... **Keri C.**, Your strength is inspiring ... **Keyana L.**, So happy to share your journey with you! You are already a wonderful mother ... **Laura G.**, Tu constancia es tu fuerza ... **Laura G-M.**, You did it! You have a beautiful baby girl to love ... **Laura M.B.**, Eres una super mama—sigue siempre adelante ... **Laura R.**, Congratulations on how far you and your baby have come ... **Lourdes C.**, You should be proud of all that you have accomplished ... **Madeline C.**, Be confident and do your best ... **Marbely C.**, Estas haciendo un muy buen trabajo ... **Maria V.**, Me encanto trabajar contigo—tu deseo siempre lo mejor ... **Marly S.**, Tu eres fuerte, eres el pilar de tu familia ... **Marta L.B.**, Sigue adelante ayudando a tu bebe a desarrollar en un ambiente saludable ... **Mary S.**, You are more than ready to welcome your bundle of joy to the world ... **Mary P.**, Welcome to the program! We're so happy that you and your little girl have joined us ... **Melanie S.**, You're an amazing mother to your boys, and you overcome whatever obstacle comes your way ... **Melissa K.**, Congratulations on the birth of your beautiful son! Your commitment to parenting is outstanding ... **Merari B.R.**, Eres una gran mama—sigue siempre adelante ... **Merlin O.B.**, Sigue adelante esforzandote por aprender sobre la crianza de los hijos ... **Milvia B.**, Congratulations on supporting your baby's development ... **Miranda C.**, Watching your baby girl grow is a blessing ... **Mirian H-C.**, You're a great mother and your daughter is lucky to have you in her corner ... **Mirian L-P.**, Me encanto trabajar contigo—te deseo siempre lo mejor ... **Nasha S.**, Keep doing the best you can ... **Norma M.B.**, Felicidades por tus logros—sigue siempre adelante ... **Ola E.**, Enjoy your time visiting your family ... **Patricia V.**, Recuerda que el poder esta dentro de ti ... **Paula J.**, Congratulations on earning your degree! We are looking forward to working with you during your next big move ... **Sade P.**, Congratulations on being such a strong and resilient mother who is moving forward with her children by her side ... **Sandra C.M.**, Felicidades por todos tus logros ... **Sandra E.F.**, Te felicito por el esfuerzo que haces para sacar adelante a tu familia ... **Sara E.**, You're such a wonderful mother and your baby is a delight—great job ... **Sarah P.**, No desistas—tu puedes ... **Sarai A.L.**, Felicidades por el interes que pones en aprender y poner en practica sobre la crianza de los hijos ... **Seyda P-G.**, Me encanto trabajar contigo—te deseo siempre lo mejor ... **Sofia M-P.**, Eres una super mama ... **Stefanny P-L.**, Me Encanto trabajar contigo—te deseo siempre lo mejor ... **Sulma F.**, Continua—tu puedes ... **Sunnie T.**, You have grown into a strong and confident woman—you inspire others ... **Tania S.M.**, Congratulations on learning about parenting and putting those lessons into practice with your beautiful baby—keep moving forward ... **Vilma P.S.**, We are glad that you are learning how to help your baby develop her skills ... **Viviana A.**, Sigue siempre adelante ... **Waleska R.**, You are such a strong and wonderful mother ... **Wendy A.**, It's wonderful seeing you and your family live with so much fun and joy ... **Xiomara S.**, Tu estas haciendo un buen trabajo ... **Yamileth G.**, Eres una gran mama—sigue siempre adelante ... **Yaoska O.G.G.**, Estas haciendo un muy buen trabajo ... **Yennyfer R-R.**, Y falta poco—tu puedes! Eres una guerrera ... **Yorlis P.L.**, Tu eres fuerte—siempre has podido y siempre podras! Animo ... **Zuleymi C.C.B.**, Felicidades por tus logros ...



## Project Self-Sufficiency Events, September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>AGENCY CLOSED</b>	2 Food Van to Netcong, 10am—2pm Bridges, 10am—noon Career Foundations, 10am—noon NYJC, 10am—4:30pm Open Lab, 10am—noon Links for Success, noon Job Searching, 1pm Foundations, 1—3pm Power of Positive Parenting, 5pm Fathers' Support Group, 6pm	3 Journey to Hopatcong, 10am—2pm NYJC, 10am—4:30pm Links for Success, 11am Job Club/Workforce Wednesday, 1pm Open Lab, 10am—noon	4 Journey to Franklin, 10am—2pm Bridges, 10am—noon Career Foundations, 10am—noon NYJC, 10am—4:30pm Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm NYJC Open House, 4:30pm Positive Parenting Course, 5pm	5 Testing, 9:30am—12:30pm HOW Open House, 10am NYJC, 10am—4:30pm Financial Management, 11am NYJC Open House, 12:30pm Links for Success, 2pm	6
7	8 NYJC, 10am—4:30pm Excel, 10am—noon Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm Women's Support Group, 7pm	9 Journey to Hackettstown, 9:30am—3:30pm Bridges, 10am—noon Career Foundations, 10am—noon NYJC, 10am—4:30pm Open Lab, 10am—noon Joint Advisory Board Meeting, 11am, PSS Links for Success, noon Job Searching, 1pm Foundations, 1—3pm Breast Cancer Support Group, 2pm Raising Resilient Children, 5pm Fathers' Support Group, 6pm	10 Journey to Vernon, 10am—2pm NYJC, 10am—4:30pm Excel, 10am—noon Links for Success, 11am Joint Advisory Board Meeting, 11am, Phillipsburg Mommy Party, noon, PSS Job Club/Workforce Wednesday, 1pm Open Lab, 10am—noon HOW Open House, 4pm Parents' Support Group, 7pm	11 Bridges, 10am—noon Career Foundations, 10am—noon NYJC, 10am—4:30pm Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm Health Equity, 3pm NYJC Open House, 4:30pm Positive Parenting Course, 5pm	12 Testing, 9:30am—12:30pm HOW Open House, 10am NYJC, 10am—4:30pm Financial Management, 11am NYJC Open House, 12:30pm Links for Success, 2pm	13
14	15 NYJC, 10am—4:30pm Excel, 10am—noon Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm	16 Journey to Netcong, 10am—2pm Bridges, 10am—noon Career Foundations, 10am—noon NYJC, 10am—4:30pm Open Lab, 10am—noon Links for Success, noon Job Searching, 1pm Foundations, 1—3pm Raising Confident, Competent Children, 5pm Parent Advisory Council, 5pm Fathers' Support Group, 6pm	17 Journey to Hopatcong, 10am—2pm NYJC, 10am—4:30pm Open Lab, 10am—noon Excel, 10am—noon Links for Success, 11am Job Club/Workforce Wednesday, 1pm HOW Open House, 4pm	18 Journey to Franklin, 10am—2pm NYJC, 10am—4:30pm Bridges, 10am—noon Career Foundations, 10am—noon Campus 2 Campus, 10am—noon Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm Baby Beginnings, 1pm Ages & Stages, 3pm NYJC Open House, 4:30pm Positive Parenting Course, 5pm	19 Testing, 9:30am—12:30pm NYJC, 10am—4:30pm Financial Management, 11am NYJC Open House, 12:30pm Links for Success, 2pm	20
21	22 NYJC, 10am—4:30pm Excel, 10am—noon Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm Women's Support Group, 7pm	23 Journey to Hackettstown, 9:30am—3:30pm HOW, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon Open Lab, 10am—noon NYJC, 10am—4:30pm Campus 2 Campus, 10am—noon Links for Success, noon Job Searching, 1pm Foundations, 1—3pm Fathers' Support Group, 6pm	24 Journey to Vernon, 10am—2pm NYJC, 10am—4:30pm Open Lab, 10am—noon Excel, 10am—noon Links for Success, 11am Job Club/Workforce Wednesday, 1pm Enough Abuse, 3pm Family Fun Night@ Little Sprouts, 5:30pm Parents' Support Group, 7pm	25 HOW, 9:30am—3pm NYJC, 10am—4:30pm Bridges, 10am—noon Career Foundations, 10am—noon Campus 2 Campus, 10am—noon Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm Understanding ACEs, 2pm NYJC Open House, 4:30pm Positive Parenting Course, 5pm Family Law, 7pm	26 Testing, 9:30am—12:30pm NYJC, 10am—4:30pm Financial Management, 11am NYJC Open House, 12:30pm Links for Success, 2pm	27
28	29 NYJC, 10am—4:30pm Excel, 10am—noon Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm	30 Journey to Netcong, 10am—2pm HOW, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon Open Lab, 10am—noon NYJC, 10am—4:30pm Mommy Party, 11am, Hackettstown Links for Success, noon Job Searching, 1pm Foundations, 1—3pm Fathers' Support Group, 6pm				

## Project Self-Sufficiency Events, October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Journey to Hopatcong, 10am—2pm NYJC, 10am—4:30pm Excel, 10am—noon Links for Success, 11am Job Club/Workforce Wednesday, 1pm Open Lab, 10am—noon	2 Journey to Franklin, 10am—2pm HOW, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon NYJC, 10am—4:30pm Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm NYJC Open House, 4:30pm	3 Testing, 9:30am—12:30pm NYJC, 10am—4:30pm Financial Management, 11am Pregnancy & Infancy Summit, 11am NYJC Open House, 12:30pm Links for Success, 2pm	4
5	6 NYJC, 10am—4:30pm Word, 10am—noon Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm Women's Support Group, 7pm	7 Journey to Hackettstown, 9:30am—3:30pm HOW, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon Open Lab, 10am—noon NYJC, 10am—4:30pm Links for Success, noon Job Searching, 1pm Foundations, 1—3pm 24:7 Dads, 6pm Fathers' Support Group, 6pm	8 Journey to Vernon, 10am—2pm NYJC, 10am—4:30pm Word, 10am—noon Links for Success, 11am Mommy Party, noon, PSS Job Club/Workforce Wednesday, 1pm Open Lab, 10am—noon Parents' Support Group, 7pm	9 HOW, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon NYJC, 10am—4:30pm Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm Health Equity, 3pm Campus 2 Campus, 4pm NYJC Open House, 4:30pm 24:7 Dads, 6pm	10 Testing, 9:30am—12:30pm NYJC, 10am—4:30pm Financial Management, 11am NYJC Open House, 12:30pm Links for Success, 2pm	11
12	13 <b>AGENCY CLOSED</b>	14 Journey to Netcong, 10am—2pm HOW, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon Open Lab, 10am—noon Campus 2 Campus, 10am—noon NYJC, 10am—4:30pm Links for Success, noon Job Searching, 1pm Foundations, 1—3pm Connections Matter, English, 2pm Breast Cancer Support Group, 2pm Parent Advisory Council, 5pm 24:7 Dads, 6pm Fathers' Support Group, 6pm	15 Journey to Hopatcong, 10am—2pm NYJC, 10am—4:30pm Word, 10am—noon Links for Success, 11am Job Club/Workforce Wednesday, 1pm Open Lab, 10am—noon Connections Matter, Spanish, 2pm	16 Journey to Franklin, 10am—2pm HOW, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon NYJC, 10am—4:30pm Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm Baby Beginnings, 1pm Ages & Stages, 3pm NYJC Open House, 4:30pm 24:7 Dads, 6pm	17 Testing, 9:30am—12:30pm NYJC, 10am—4:30pm Campus 2 Campus, 10am—noon Financial Management, 11am NYJC Open House, 12:30pm Links for Success, 2pm	18
19	20 NYJC, 10am—4:30pm Word, 10am—noon Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm Women's Support Group, 7pm	21 Journey to Hackettstown, 9:30am—3:30pm HOW, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon Open Lab, 10am—noon NYJC, 10am—4:30pm Mommy Party, 11am, Hackettstown Links for Success, noon Job Searching, 1pm Foundations, 1—3pm 24:7 Dads, 6pm Fathers' Support Group, 6pm	22 <b>Career &amp; Health Fair, 10am—2pm</b> Journey to Vernon, 10am—2pm NYJC, 10am—4:30pm Word, 10am—noon Links for Success, 11am Job Club/Workforce Wednesday, 1pm Open Lab, 10am—noon Enough Abuse, 3pm Family Fun Night @ Little Sprouts, 5:30pm Parents' Support Group, 7pm	23 HOW, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon NYJC, 10am—4:30pm Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm 24:7 Dads, 6pm Family Law, 7pm	24 Testing, 9:30am—12:30pm NYJC, 10am—4:30pm Financial Management, 11am Links for Success, 2pm	25
26	27 NYJC, 10am—4:30pm Word, 10am—noon Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm	28 Journey to Netcong, 10am—2pm HOW, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon Open Lab, 10am—noon NYJC, 10am—4:30pm Links for Success, noon Job Searching, 1pm Foundations, 1—3pm 24:7 Dads, 6pm Fathers' Support Group, 6pm	29 Journey to Hopatcong, 10am—2pm NYJC, 10am—4:30pm Word, 10am—noon Links for Success, 11am Job Club/Workforce Wednesday, 1pm Open Lab, 10am—noon	30 Journey to Franklin, 10am—2pm HOW, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon NYJC, 10am—4:30pm Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm 24:7 Dads, 6pm	31 Testing, 9:30am—12:30pm NYJC, 10am—4:30pm Financial Management, 11am Links for Success, 2pm	

Project Self-Sufficiency and our partners will distribute holiday gifts to over **2,000 children** in Sussex and Warren counties in 2025.



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

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

Monday, November 3	10:00 a.m. to 4:00 p.m.
Tuesday, November 4	10:00 a.m. to 4:00 p.m.
Wednesday, November 5	10:00 a.m. to 4:00 p.m.
Thursday, November 6	10:00 a.m. to 7:00 p.m.
Friday, November 7	10:00 a.m. to 4:00 p.m.
Saturday, November 8	9:00 a.m. to 12:00 p.m.

**What To Bring With You  
To Register:**

**Proof of Residence (bring one)**

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

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

**Child Verification (bring one for each child)**

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

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

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



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





# September—October 2025 Newsletter

## Find Us Online!

### 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:

[www.facebook.com/ProjectSelfSufficiencyofSussexCounty](https://www.facebook.com/ProjectSelfSufficiencyofSussexCounty)  
[www.facebook.com/LittleSproutsEarlyLearningCenter](https://www.facebook.com/LittleSproutsEarlyLearningCenter)  
[www.facebook.com/JourneyFamilySuccessCenteratPSS](https://www.facebook.com/JourneyFamilySuccessCenteratPSS)  
[www.facebook.com/ProjectSussexKids](https://www.facebook.com/ProjectSussexKids)  
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[www.facebook.com/NurseFamilyPartnership](https://www.facebook.com/NurseFamilyPartnership)  
[Facebook.com/ConnectingNJatPSS](https://Facebook.com/ConnectingNJatPSS)

### Instagram:

[@project\\_self\\_sufficiency](https://www.instagram.com/project_self_sufficiency)  
[@journeyfsc\\_at\\_pss/](https://www.instagram.com/journeyfsc_at_pss/)  
[@njyc\\_at\\_pss](https://www.instagram.com/njyc_at_pss)  
[@little\\_sprouts\\_at\\_pss](https://www.instagram.com/little_sprouts_at_pss)  
[@connecting\\_nj\\_at\\_pss/](https://www.instagram.com/connecting_nj_at_pss/)  
[@project\\_sussex\\_kids](https://www.instagram.com/project_sussex_kids)



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

[@PssNewJersey](https://twitter.com/PssNewJersey)  
[@SussexKids](https://twitter.com/SussexKids)  
[@ConnectingNJPSS](https://twitter.com/ConnectingNJPSS)

### 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)

