



Project Self-Sufficiency has so many reasons to be thankful!

On October 6, Project Self-Sufficiency hosted our annual **Community Health Fair**.

PSS families and members of the public were welcomed to meet with local healthcare providers to get the latest information on wellness, nutrition, exercise and fitness and more. They also had access to free health screening and fun activities for children.

This fair is a great opportunity to make sure families are best informed about how to maintain good health and aware of the local resources available to help them do it.



Then on October 19 we welcomed community residents for a **Career Fair**.

Dozens of area employers were on hand to inform visitors of job opportunities and take applications on the spot. In addition, guests had access to break-out sessions on job search, workplace etiquette and interview preparation.



The October fun continued with the annual **Halloween Spooktacular** on October 26.

Families gathered in costume for some sweetly spooky games and crafts. It's a free, fun and safe way for parents to get out and socialize while the kids have fun.

Every child left with plenty of treats and a lot of happy family memories to treasure.



This is a scene from last year's **Thanksgiving Feast** food kit distribution, through which 500 local families received complete holiday meals!

We're gearing up to do it all again this November. Monetary donations have started arriving in support of this massive effort, soon to be followed by food donations and lots of volunteers to help with assembly.

We are blessed to be part of such a caring community!

Together, we offer hope and a hand up!

Journey Opportunity on the Move



Journey continues to make bi-weekly stops in area towns. Word is spreading, as we're seeing an uptick in visitors during these stops.



Residents who visit Journey can find immediate assistance with food, diapers and other basic needs. They can also meet with staff to connect with other resources and even use the onboard computers to complete online applications or do a job search!



New Jersey Youth Corps of Sussex County

Serving Sussex & Northern Warren County



These students are helping out at the Ridge and Valley Conservancy.

New Jersey Youth Corps gives students a second chance to earn a high school diploma with personalized support.

One of students' favorite parts is the service aspect. Students sample a wide array of work experiences while knowing they're doing something good for their community!



And now, thanks to a partnership with SCCC and Thorlabs, Youth Corps students can earn college credit while working toward their high school diplomas.

Project Self-Sufficiency The Food Project

While the focus this month may be on food for Thanksgiving, The Food Project continues to help families meet their daily nutrition and hygiene needs.

In the first quarter of this fiscal year, 4,179 individuals have come to the PSS campus seeking food assistance. Dozens more visit Journey to pick up crucial supplies. In just three months, we've distributed 58,506 meals!

Hunger continues to be a major obstacle to families seeking to become self-sufficient. With your help, we are grateful and proud to meet this need.

Little Sprouts Early Learning Center

Fall is one of our favorite times! Our sprouts had lots of fun investigating fall foliage like scientists.



We also enjoyed a special field trip to Ideal Farm & Garden Center to pick pumpkins, enjoy some fresh cider and take in all the sights, sounds and fun!

Stay connected! www.projectsselfsufficiency.org

