

# Project Self-Sufficiency NEWSLETTER

May—June 2024

127 Mill Street, Newton, NJ 07860 \* 973-940-3500 \*  
[pss@projectselfsufficiency.org](mailto:pss@projectselfsufficiency.org) \* [www.projectselfsufficiency.org](http://www.projectselfsufficiency.org)

The Agency will be closed May 27, 2024

## Summer Youth Employment Program is Back

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

## Office Skills Training Program for Women

Rediscover Yourself—Summer Office Skills



Attend an Open House!

| 10:00 a.m.  | 1:00 p.m.   | 5:00 p.m.                             |
|---|---|---------------------------------------|
| Friday, June 7<br>Monday, May 20<br>Monday, June 17 | Tuesday, June 4<br>Wednesday, May 15*<br>(*2:00 pm) | Thursday, May 30<br>Thursday, June 13 |

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 July 9th—Submit Your Application Today!

## Breast Cancer Survivor Celebration

Breast cancer survivors are invited to celebrate!

Keynote Speaker—Up-to-Date Information from Medical Experts—Cooking Demonstration—Raffles & Prizes—Health & Wellness Vendors—Music & More!  
 Saturday, June 8th, 10:00 a.m.—1:00 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!



Learn More at an Open House!

Tuesdays at Noon, May 7, 14, 21, 28; June 4, 11  
 Thursdays at 4:30 p.m., May 2, 16, 23, 30; June 6

## 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!**

## "Bridges" Helps Young Adults, 16—24

Pregnant & Parenting Young Adults

Careering Education—Academic Support—MBTI—Study for the Driver's License Exam—Driver's License Exam Fee Covered—Childcare & Transportation—Stipends Available for Attendance

Tuesdays & Thursdays, 10:00 a.m.—noon  
 4-Week Segments, May 14—30 & June 4—27



## We Want to Hear from You

Input from Parents & Caregivers Needed

Parents and caregivers are invited to share concerns and discuss ideas for upcoming events at a meeting of the Journey Family Success Center Parent Advisory Board. Dinner and childcare provided. Let us know how we can help you!

Mondays, May 20 & June 24, 5:00 p.m.—In Person or Zoom

# 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.



**Presentations in English & Spanish!**  
Call 973-940-3500 to sign up.

**English**  
May 21, 2pm  
(Zoom)

**Español**  
28 de Mayo, 2pm  
(Zoom)

## PACEs Stakeholder Group Meeting

Thursday, May 16, 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, May 30, 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.**



**“Through Project Self-Sufficiency, I learned about raising children, I created new friendships, and I found happiness.”**

**- Sandy**



## 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**

May 2, 16, 30;  
June 13, 27

**Hackettstown, 9:30am—3:30pm**

May 14, 28\*;  
June 11, 25\*

**Hopatcong, 10am—2pm**

May 1, 15, 29;  
June 12, 26

**Netcong, 10am—2pm**

May 7, 21;  
June 4, 18

**Vernon, 10am—2pm**

May 8, 22;  
June 5, 19

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

## Family Fun Nights Continue

Thursdays are for Together Time!



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

**May 2, 16, 30; June 6, 20, 27 6:00—7:30 p.m.**

**Mother's Day Event**  
May 9th, 4:00—6:00 p.m.

**Father's Day Event**  
June 13th, 4:00—6:00 p.m.

## 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.,**

**May 7, 14, 21, 28;  
June 4, 11, 18, 25**



*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       |
|------------------------------|-------------------------------|
| May 8, noon<br>June 12, noon | May 28, noon<br>June 25, 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.

|   |   |
|---|---|
| Power of Positive Parenting (Triple P)                          | May 1, 5:30 p.m.                                |
| Raising Resilient Children (Triple P)                           | May 8, 5:30 p.m.                                |
| Raising Confident, Competent Children (Triple P)                | May 15, 5:30 p.m.                               |
| Hassle Free Shopping with Children Discussion Group (Triple P)  | June 5, 5:30 p.m.                               |
| Developing Good Bedtime Routines Discussion Group (Triple P)    | June 12, 5:30 p.m.                              |
| Dealing with Disobedience Discussion Group (Triple P)           | June 19, 5:30 p.m.                              |
| Hassle Free Mealtimes with Children Discussion Group (Triple P) | June 26, 5:30 p.m.                              |
| ACT Parenting Class   | Tuesdays, June 18—August 6, 6:00 p.m., via Zoom |

### Project Sussex Kids

Sussex County Council for Young Children

#### General Council Meeting

Wednesdays, May 1 & June 19, 11:00 a.m.

#### Steering Committee & PACEs Stakeholder Group Meeting

Thursday, May 16, 11:00 a.m.

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

Tuesday, June 4, 11:00 a.m., at Project Self-Sufficiency

Wednesday, June 5, 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



## Connecting NJ

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.*

What's 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.**

- Overcoming the Fear of Rejection May 6
- Embracing Change May 13
- Self-Advocacy Skills May 20
- Belonging vs. Fitting In June 3
- Finding Common Ground with Anyone June 10
- Connect to Something Larger June 17
- Have Some Fun! June 24



**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, May 13, 20; June 10, 24, 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 May 1, June 5
- Job Searching May 8, June 12
- Interviewing Skills May 15, June 19
- First Day on the Job May 22, June 26
- Linked In May 29

**Parents' Support Group—Via Zoom**

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

**Wednesdays,**  
**May 8, 22; June 5, 19, 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, May 22 & June 26, 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, May 23 & June 20, 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, May 16 & June 13, 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, May 14 & June 11, 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, May 7, 14, 21, 28; June 4, 11, 18, 25, 6:00 p.m.**

**Support Group for Separated & Divorced Women—In Person**

Join other women who are navigating life after a relationship and identify ways to move forward.

**Wednesdays, May 1, 8, 15, 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., May 2, 16, 30; June 6, 20, 27, 6:00 p.m.**

|   |   |
|---|---|
| <p><b>Celebrate Mom!</b><br/>                 May 9th, 4:00—6:00 p.m.</p> | <p><b>Celebrate Dad!</b><br/>                 June 13th, 4:00—6:00 p.m.</p> |
|---|---|

**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!

**Mondays, 5:00 p.m., May 20 & June 24**



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.**

May 6, 13, 20; June 3, 10, 14, 24

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

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

May 7, 14, 21, 28; June 4, 11, 18, 25

### 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.**

May 1, 8, 15, 22, 29; June 5, 12, 19, 26

**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.**

May 2, 9, 16, 23, 30; June 6, 13, 20, 27

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

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

May 3, 10, 17, 24, 31; June 7, 14, 21, 28

**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.**

May 1, 6, 8, 13, 15, 20, 22, 29; June 3, 5, 10, 12, 17, 19, 24, 26

**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**

May 7, 9, 14, 16, 21, 23, 28, 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**

June 4, 6, 11, 13, 18, 20, 25, 27—**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!**

**Recent New Jersey Youth Corps graduate Natalie volunteers as an EMT and is pursuing her education with the goal of working in the medical field.**



## 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!**

**Careering Education—Academic Support—MBTI—Study for the Driver's License Exam—Driver's License Exam Fee Covered—Childcare & Transportation—Stipends Available for Attendance**

**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!



## 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.**  
May 6, 13, 20; June 3, 10, 17, 24  
**Thursdays, 11:00 a.m.**  
May 2, 9, 16, 23, 30; June 6, 13, 20, 27

### Career Foundations—*in Person*

**Tuesdays & Thursdays, 10:00 a.m.—noon**  
**May Session One**  
May 7, 9, 14, 16  
**May Session Two**  
May 21, 23, 28, 20  
**June Session One**  
June 4, 6, 11, 13  
**June Session Two**  
June 18, 20, 25, 27

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

**Tuesdays & Thursdays, 1:00—3:00 p.m.**  
**May Session One**  
May 7, 9, 14, 16  
**May Session Two**  
May 21, 23, 28, 20  
**June Session One**  
June 4, 6, 11, 13  
**June Session Two**  
June 18, 20, 25, 27

### Open Lab & Campus 2 Campus—

*Via Zoom or in person*  
**Mondays & Wednesdays, 2:00—4:00 p.m.**  
May 1, 6, 8, 13, 15, 20, 22, 29;  
June 3, 5, 10, 12, 17, 19, 24, 26  
*Or by appointment*

### Computer Classes

**Microsoft Excel—*In Person***  
**Tuesdays & Thursdays, 10:00 a.m.—Noon**  
May 7, 9, 14, 16, 21, 23, 28, 30

**Microsoft Word—*In Person***  
**Tuesdays & Thursdays, 10:00 a.m.—Noon**  
June 4, 6, 11, 13, 18, 20, 25, 27

### Resumes & Cover Letters

**Mondays, 1:00 p.m.—*In Person or Zoom***  
May 6, 13, 20; June 3, 10, 17, 24

### Job Searching

**Tuesdays, 1:00 p.m.—*In Person or Zoom***  
May 7, 14, 21, 28; June 4, 11, 18, 25

### Job Club/Workforce Wednesday—

*In Person or Zoom*  
**Wednesdays, 1:00 p.m.**  
May 1, 8, 15, 22, 29; June 5, 12, 19, 26

### Networking & Social Media

**Thursdays, 1:00 p.m.—*In Person or Zoom***  
May 2, 9, 16, 23, 30; June 6, 13, 20, 27

### Financial Management

**Fridays, 11:00 a.m.—*In Person or Zoom***  
May 3, 10, 17, 24, 31; June 7, 14, 21, 28

### Testing

**CASAS, Work Readiness, Accuplacer**  
**Fridays, 9:30 a.m.—12:30 p.m.**  
May 3, 10, 17, 24, 31; June 7, 14, 21, 28

### New Jersey Youth Corps

**Monday—Friday, 10:00 a.m.—4:30 p.m.**  
*Register now for the July session!*  
**Open Houses**  
**Tuesdays at Noon, May 7, 14, 21, 28; June 4, 11**  
**Thursdays at 4:30 p.m., May 2, 16, 23, 30; June 6**

### Bridges

**Tuesdays & Thursdays, 10:00 a.m.—noon**  
May 14, 16, 21, 23, 28, 30;  
June 4, 6, 11, 13, 18, 20, 25, 27

### Summer Office Skills

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

### Mommy Parties

May 8 & June 12, noon @PSS  
May 28 & June 25, noon in Hackettstown

### Legal Seminars—*Via Zoom*

**Thursdays, 7:00 p.m.**  
**Landlord Tenant Law, May 9**  
**Family Law, May 16 & June 13**

### Adverse Childhood Experiences

**Connections Matter**  
**English—*Via Zoom***  
Tuesday, May 21, 2:00 p.m.  
**Español—*a través de Zoom***  
Martes, 28 de Mayo, 2:00 p.m.

### Understanding ACEs—*Via Zoom*

**Thursday, 2:00 p.m.**  
May 30

### Enough Abuse Workshops—*Via Zoom*

**Wednesday, 3:00 p.m.**  
May 22 & June 26

### Project Sussex Kids

**Home Visitation & Early Childhood Joint Advisory Board Meeting**  
Tuesday, June 4, 11:00 a.m., *Project Self-Sufficiency*  
Wednesday, June 5, 11:00 a.m., *Phillipsburg Housing Authority*

### Steering Committee Meeting & PACES

**Stakeholder Group Meeting**  
Thursday, May 16, 11:00 a.m.

### General Council Meeting

Wednesdays, May 1 & June 19, 11:00 a.m.

### ACT Parenting Classes—*Via Zoom*

**Tuesdays, 6:00 p.m.**  
June 18—August 6

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

**Power of Positive Parenting**  
**May 1, 5:30 p.m.**

**Raising Resilient Children**  
**May 8, 5:30 p.m.**

**Raising Confident, Competent Children**  
**May 15, 5:30 p.m.**

**Parenting Discussion Group**  
**Hassle Free Shopping with Children**  
June 5, 5:30 p.m.

**Developing Good Bedtime Routines**  
June 12, 5:30 p.m.

**Dealing with Disobedience**  
June 19, 5:30 p.m.

**Hassle Free Mealtimes with Children**  
June 26, 5:30 p.m.

### Family Success Center

**Motivation Monday—*Via Zoom***  
**Mondays, 2:00 p.m.**  
May 6, 13, 20; June 3, 10, 17, 24

**Women's Support Group—*Via Zoom***  
**Mondays, 7:00 p.m.**  
May 13, 20; June 10, 24

**Parent Support Group—*Via Zoom***  
**Wednesdays, 7:00 p.m.**  
May 8, 22; June 5, 19

**Breast Cancer Support Group—*Via Zoom***  
**Tuesday, 2:00 p.m.—*Via Zoom***  
May 14 & June 11

**Father's Support Group—*In Person***  
**Tuesdays, 6:00 p.m.**  
May 7, 14, 21, 28; June 4, 11, 18, 25

**Ages & Stages Information Session**  
**Thursdays, 3:00 p.m.—*Via Zoom***  
May 23 & June 20

**Health Equity Presentation—*Via Zoom***  
**Thursdays, 3:00 p.m.**  
May 16 & June 13

**Family Fun Nights—*In Person***  
**Thursdays, 6:00—7:30 p.m.**  
May 2, 16, 30; June 6, 20, 27

**Parent Advisory Board Meetings**  
**Mondays, 5:00 p.m.—*In Person & Via Zoom***  
May 20 & June 24

### Mother's Day Event

**Thursday, May 9, 4:00—6:00 p.m.**

### Father's Day Event

**Thursday, June 13, 4:00—6:00 p.m.**


### Breast Cancer Survivor Celebration

**Saturday, June 8, 10:00 a.m.—1:00 p.m.**

| Sunday |   | Monday   |  | Tuesday  |   | Wednesday   |    | Thursday  |   | Friday   |  | Saturday  |   |   |   |
|--------|---|--|--|--|---|---|----|---|---|--|--|---|---|---|---|
|        |   |  |  |  |   |   |    |   |   |  |  |   |   |   |   |
| 5      | 6   | 7  | 8  | 1  | 2   | 3   | 4  | 9   | 10  | 11   | 17   | 18  | 25  |   |   |
|        | <p>NIYC, 10am—4:30pm</p> <p>Links for Success, noon</p> <p>Resumes &amp; Cover Letters, 1pm</p> <p>Motivation Monday, 2pm</p> <p>Open Lab/C2C 2—4pm</p>                                   | <p>Journey in Netcong, 10am—2pm</p> <p>HOW 9:30am—3pm</p> <p>Career Foundations, 10am—noon</p> <p>NIYC, 10am—4:30pm</p> <p>Excel 10am—noon</p> <p>NIYC Open House, noon</p> <p>Job Searching 1pm</p> <p>Foundations, 1—3pm</p> <p>Fathers' Support Group, 6pm</p>  | <p>Journey in Vernon, 10am—2pm</p> <p>NIYC, 10am—4:30pm</p> <p>Mommy Party, noon, <i>PSS</i></p> <p>Job Club/Workforce Wednesday, 1pm</p> <p>Open Lab/C2C 2—4pm</p> <p>Raising Resilient Children, 5:30pm</p> <p>Parents' Support Group, 7pm</p> | <p>Journey in Hopatcong, 10am—2pm</p> <p>NIYC, 10am—4:30pm</p> <p><b>PSK General Council Meeting, 11am</b></p> <p>Job Club/Workforce Wednesday, 1pm</p> <p>Open Lab/C2C 2—4pm</p> <p>Power of Positive Parenting, 5:30pm</p>   | <p>Journey in Franklin, 10am—2pm</p> <p>HOW 9:30am—3pm</p> <p>NIYC, 10am—4:30pm</p> <p>Links for Success, 11am</p> <p>Networking &amp; Social Media, 1pm</p> <p>NIYC Open House, 4:30pm</p> <p>Family Fun Night, 6pm</p>  | <p>Testing, 9:30am—12:30pm</p> <p>NIYC, 10am—4:30pm</p> <p>Financial Management, 11am</p>   |    | <p>HOW 9:30am—3pm</p> <p>Career Foundations, 10am—noon</p> <p>NIYC, 10am—4:30pm</p> <p>Excel 10am—noon</p> <p>Links for Success, 11am</p> <p>Networking &amp; Social Media, 1pm</p> <p>Foundations, 1—3pm</p> <p><b>Mother's Day Party, 4pm</b></p> <p>NIYC Open House, 4:30pm</p> <p>Landlord Tenant Law Seminar, 7pm</p>  | <p>Testing, 9:30am—12:30pm</p> <p>NIYC, 10am—4:30pm</p> <p>Financial Management, 11am</p>   |  | <p>Journey in Franklin, 10am—2pm</p> <p>HOW 9:30am—3pm</p> <p>Bridges, 10am—noon</p> <p>Career Foundations, 10am—noon</p> <p>NIYC, 10am—4:30pm</p> <p>Excel 10am—noon</p> <p>Links for Success, 11am</p> <p>PACEs Stakeholder Group Meeting, 11am</p> <p>Networking &amp; Social Media, 1pm</p> <p>Foundations, 1—3pm</p> <p>Health Equity, 3pm</p> <p>NIYC Open House, 4:30pm</p> <p>Family Fun Night, 6pm</p> <p>Family Law Seminar, 7pm</p> | <p>Testing, 9:30am—12:30pm</p> <p>NIYC, 10am—4:30pm</p> <p>Financial Management, 11am</p>   |   | <p>HOW 9:30am—3pm</p> <p>Bridges, 10am—noon</p> <p>Career Foundations, 10am—noon</p> <p>NIYC, 10am—4:30pm</p> <p>Excel 10am—noon</p> <p>Links for Success, 11am</p> <p>Networking &amp; Social Media, 1pm</p> <p>Foundations, 1—3pm</p> <p>Ages &amp; Stages, 3pm</p> <p>NIYC Open House, 4:30pm</p> <p>Family Fun Night, 6pm</p> | <p>Testing, 9:30am—12:30pm</p> <p>NIYC, 10am—4:30pm</p> <p>Financial Management, 11am</p> |
| 12     | 13  | 14   | 15   | 16   | 21  | 20  | 19 | 14  | 15  | 16   | 21   | 20  | 19  |   |   |
|        | <p>NIYC, 10am—4:30pm</p> <p>Links for Success, noon</p> <p>Resumes &amp; Cover Letters, 1pm</p> <p>Motivation Monday, 2pm</p> <p>Open Lab/C2C 2—4pm</p> <p>Women's Support Group, 7pm</p> | <p>Journey in Hackettstown, 9:30am—3:30pm</p> <p>HOW 9:30am—3pm</p> <p>Bridges, 10am—noon</p> <p>Career Foundations, 10am—noon</p> <p>NIYC, 10am—4:30pm</p> <p>Excel 10am—noon</p> <p>NIYC Open House, noon</p> <p>Job Searching 1pm</p> <p>Foundations, 1—3pm</p> <p>Breast Cancer Support Group, 2pm</p> <p>Fathers' Support Group, 6pm</p>  | <p>Journey in Hopatcong, 10am—2pm</p> <p>NIYC, 10am—4:30pm</p> <p>Job Club/Workforce Wednesday, 1pm</p> <p>Open Lab/C2C 2—4pm</p> <p>Raising Confident, Competent Children, 5:30pm</p>   | <p>Journey in Netcong, 10am—2pm</p> <p>HOW 9:30am—3pm</p> <p>Career Foundations, 10am—noon</p> <p>NIYC, 10am—4:30pm</p> <p>Excel 10am—noon</p> <p>NIYC Open House, noon</p> <p>Job Searching 1pm</p> <p>Foundations, 1—3pm</p> <p>Connections Matter, 2pm, <i>English</i></p> <p>Fathers' Support Group, 6pm</p> | <p>Journey in Hopatcong, 10am—2pm</p> <p>NIYC, 10am—4:30pm</p> <p>Job Club/Workforce Wednesday, 1pm</p> <p>Open Lab/C2C 2—4pm</p> <p>Enough Abuse, 3pm</p> <p>Parents' Support Group, 7pm</p>   | <p>Journey in Hopatcong, 10am—2pm</p> <p>NIYC, 10am—4:30pm</p> <p>Job Club/Workforce Wednesday, 1pm</p> <p>Open Lab/C2C 2—4pm</p> |    | <p>Journey in Hackettstown, 9:30am—3:30pm</p> <p>HOW 9:30am—3pm</p> <p>Bridges, 10am—noon</p> <p>Career Foundations, 10am—noon</p> <p>NIYC, 10am—4:30pm</p> <p>Excel 10am—noon</p> <p>NIYC Open House, noon</p> <p>Job Searching 1pm</p> <p>Foundations, 1—3pm</p> <p>Mommy Party, noon, <i>Hackettstown</i></p> <p>Job Searching 1pm</p> <p>Foundations, 1—3pm</p> <p>Connections Matter, 2pm, <i>Spanish</i></p> <p>Fathers' Support Group, 6pm</p> | <p>Journey in Hopatcong, 10am—2pm</p> <p>NIYC, 10am—4:30pm</p> <p>Job Club/Workforce Wednesday, 1pm</p> <p>Open Lab/C2C 2—4pm</p> | <p>Journey in Hackettstown, 9:30am—3:30pm</p> <p>HOW 9:30am—3pm</p> <p>Bridges, 10am—noon</p> <p>Career Foundations, 10am—noon</p> <p>NIYC, 10am—4:30pm</p> <p>Excel 10am—noon</p> <p>NIYC Open House, noon</p> <p>Mommy Party, noon, <i>Hackettstown</i></p> <p>Job Searching 1pm</p> <p>Foundations, 1—3pm</p> <p>Connections Matter, 2pm, <i>Spanish</i></p> <p>Fathers' Support Group, 6pm</p> | <p>Journey in Hopatcong, 10am—2pm</p> <p>NIYC, 10am—4:30pm</p> <p>Job Club/Workforce Wednesday, 1pm</p> <p>Open Lab/C2C 2—4pm</p>  | <p>Journey in Hopatcong, 10am—2pm</p> <p>NIYC, 10am—4:30pm</p> <p>Job Club/Workforce Wednesday, 1pm</p> <p>Open Lab/C2C 2—4pm</p> | <p>Testing, 9:30am—12:30pm</p> <p>NIYC, 10am—4:30pm</p> <p>Financial Management, 11am</p> |   |   |
| 26     | 27  | 28   | 29   | 22   | 23  | 24  | 31 | 23  | 30  | 31   | 24   | 31  | 31  |   |   |
|        | <p><b>AGENCY CLOSED</b></p>   | <p>Journey in Hackettstown, 9:30am—3:30pm</p> <p>HOW 9:30am—3pm</p> <p>Bridges, 10am—noon</p> <p>Career Foundations, 10am—noon</p> <p>NIYC, 10am—4:30pm</p> <p>Excel 10am—noon</p> <p>NIYC Open House, noon</p> <p>Mommy Party, noon, <i>Hackettstown</i></p> <p>Job Searching 1pm</p> <p>Foundations, 1—3pm</p> <p>Connections Matter, 2pm, <i>Spanish</i></p> <p>Fathers' Support Group, 6pm</p> | <p>Journey in Hopatcong, 10am—2pm</p> <p>NIYC, 10am—4:30pm</p> <p>Job Club/Workforce Wednesday, 1pm</p> <p>Open Lab/C2C 2—4pm</p>  | <p>Journey in Vernon, 10am—2pm</p> <p>NIYC, 10am—4:30pm</p> <p>Job Club/Workforce Wednesday, 1pm</p> <p>Open Lab/C2C 2—4pm</p> <p>Enough Abuse, 3pm</p> <p>Parents' Support Group, 7pm</p>   | <p>HOW 9:30am—3pm</p> <p>Bridges, 10am—noon</p> <p>Career Foundations, 10am—noon</p> <p>NIYC, 10am—4:30pm</p> <p>Excel 10am—noon</p> <p>Links for Success, 11am</p> <p>Networking &amp; Social Media, 1pm</p> <p>Foundations, 1—3pm</p> <p>NIYC Open House, 4:30pm</p> <p>Family Fun Night, 6pm</p> | <p>Testing, 9:30am—12:30pm</p> <p>NIYC, 10am—4:30pm</p> <p>Financial Management, 11am</p>   |    | <p>Journey in Franklin, 10am—2pm</p> <p>HOW 9:30am—3pm</p> <p>Bridges, 10am—noon</p> <p>Career Foundations, 10am—noon</p> <p>NIYC, 10am—4:30pm</p> <p>Excel 10am—noon</p> <p>Links for Success, 11am</p> <p>Networking &amp; Social Media, 1pm</p> <p>Foundations, 1—3pm</p> <p>NIYC Open House, 4:30pm</p> <p>Family Fun Night, 6pm</p>  | <p>Journey in Hopatcong, 10am—2pm</p> <p>NIYC, 10am—4:30pm</p> <p>Job Club/Workforce Wednesday, 1pm</p> <p>Open Lab/C2C 2—4pm</p> | <p>Journey in Hackettstown, 9:30am—3:30pm</p> <p>HOW 9:30am—3pm</p> <p>Bridges, 10am—noon</p> <p>Career Foundations, 10am—noon</p> <p>NIYC, 10am—4:30pm</p> <p>Excel 10am—noon</p> <p>NIYC Open House, noon</p> <p>Mommy Party, noon, <i>Hackettstown</i></p> <p>Job Searching 1pm</p> <p>Foundations, 1—3pm</p> <p>Connections Matter, 2pm, <i>Spanish</i></p> <p>Fathers' Support Group, 6pm</p> | <p>Journey in Hopatcong, 10am—2pm</p> <p>NIYC, 10am—4:30pm</p> <p>Job Club/Workforce Wednesday, 1pm</p> <p>Open Lab/C2C 2—4pm</p>  | <p>Journey in Hopatcong, 10am—2pm</p> <p>NIYC, 10am—4:30pm</p> <p>Job Club/Workforce Wednesday, 1pm</p> <p>Open Lab/C2C 2—4pm</p> | <p>Testing, 9:30am—12:30pm</p> <p>NIYC, 10am—4:30pm</p> <p>Financial Management, 11am</p> |   |   |



Project Self-Sufficiency Events, June 2024

| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday   |
|---------|--|--|---|---|--|--|
| 2       | 3<br>NYJC, 10am—4:30pm<br>Links for Success, noon<br>Resumes & Cover Letters, 1pm<br>Motivation Monday, 2pm<br>Open Lab/C2C 2—4pm  | 4<br>Journey in Netcong, 10am—2pm<br>HOW, 9:30am—3pm<br>Bridges, 10am—noon<br>Career Foundations, 10am—noon<br>NYJC, 10am—4:30pm<br>Word 10am—noon<br>Home Visitation & Early Childhood Joint Advisory Board Meeting, 11am, PSS<br>NYJC Open House, noon<br>Job Searching 1pm<br>Foundations, 1—3pm<br>Fathers' Support Group, 6pm | 5<br>Journey in Vernon, 10am—2pm<br>NYJC, 10am—4:30pm<br>Home Visitation & Early Childhood Joint Advisory Board Meeting, 11am, Phillipsburg<br>Job Club/Workforce Wednesday, 1pm<br>Open Lab/C2C 2—4pm<br>Hassle Free Shopping with Children, 5:30pm<br>Parents' Support Group, 7pm | 6<br>HOW 9:30am—3pm<br>Bridges, 10am—noon<br>Career Foundations, 10am—noon<br>Word 10am—4:30pm<br>Links for Success, 11am<br>Networking & Social Media, 1pm<br>Foundations, 1—3pm<br>NYJC Open House, 4:30pm<br>Family Fun Night, 6pm   | 7<br>Testing, 9:30am—12:30pm<br>NYJC, 10am—4:30pm<br>Financial Management, 11am  | 8<br>Breast Cancer Survivor Celebration, 10am—1pm<br> |
| 9       | 10<br>NYJC, 10am—4:30pm<br>Links for Success, noon<br>Resumes & Cover Letters, 1pm<br>Motivation Monday, 2pm<br>Open Lab/C2C 2—4pm<br>Women's Support Group, 7pm   | 11<br>Journey in Hackettstown, 9:30am—3:30pm<br>HOW, 9:30am—3pm<br>Bridges, 10am—noon<br>Career Foundations, 10am—noon<br>NYJC, 10am—4:30pm<br>Word 10am—noon<br>NYJC Open House, noon<br>Job Searching 1pm<br>Foundations, 1—3pm<br>Breast Cancer Support Group, 2pm<br>Fathers' Support Group, 6pm                               | 12<br>Journey in Hopatcong, 10am—2pm<br>NYJC, 10am—4:30pm<br>Mommy Party, noon, PSS<br>Job Club/Workforce Wednesday, 1pm<br>Open Lab/C2C 2—4pm<br>Developing Good Bedtime Routines, 5:30pm  | 13<br>Journey in Franklin, 10am—2pm<br>HOW, 9:30am—3pm<br>NYJC, 10am—4:30pm<br>Bridges, 10am—noon<br>Career Foundations, 10am—noon<br>Word 10am—noon<br>Links for Success, 11am<br>Networking & Social Media, 1pm<br>Foundations, 1—3pm<br>Health Equity, 3pm<br>Father's Day Party, 4pm<br>Family Law Seminar, 7pm | 14<br>Testing, 9:30am—12:30pm<br>NYJC, 10am—4:30pm<br>Financial Management, 11am | 15   |
| 16      | 17<br>NYJC, 10am—4:30pm<br>Links for Success, noon<br>Resumes & Cover Letters, 1pm<br>Motivation Monday, 2pm<br>Open Lab/C2C 2—4pm   | 18<br>Journey in Netcong, 10am—2pm<br>HOW, 9:30am—3pm<br>Bridges, 10am—noon<br>Career Foundations, 10am—noon<br>NYJC, 10am—4:30pm<br>Word 10am—noon<br>Job Searching 1pm<br>Foundations, 1—3pm<br>ACT Parenting Class, 6pm<br>Fathers' Support Group, 6pm  | 19<br>Journey in Vernon, 10am—2pm<br>NYJC, 10am—4:30pm<br><b>PSK General Council Meeting, 11am</b><br>Job Club/Workforce Wednesday, 1pm<br>Open Lab/C2C 2—4pm<br>Dealing with Disobedience, 5:30pm<br>Parents' Support Group, 7pm   | 20<br>HOW, 9:30am—3pm<br>NYJC, 10am—4:30pm<br>Bridges, 10am—noon<br>Career Foundations, 10am—noon<br>Word 10am—noon<br>Links for Success, 11am<br>Networking & Social Media, 1pm<br>Foundations, 1—3pm<br>Ages & Stages, 3pm<br>Family Fun Night, 6pm   | 21<br>Testing, 9:30am—12:30pm<br>NYJC, 10am—4:30pm<br>Financial Management, 11am | 22   |
| 23 & 30 | 24<br>NYJC, 10am—4:30pm<br>Links for Success, noon<br>Resumes & Cover Letters, 1pm<br>Motivation Monday, 2pm<br>Open Lab/C2C 2—4pm<br>FSC Parent Advisory Board Meeting, 5pm<br>Women's Support Group, 7pm | 25<br>Journey in Hackettstown, 9:30am—3:30pm<br>HOW, 9:30am—3pm<br>Bridges, 10am—noon<br>NYJC, 10am—4:30pm<br>Word 10am—noon<br>Mommy Party, noon, Hackettstown<br>Job Searching 1pm<br>Foundations, 1—3pm<br>ACT Parenting Class, 6pm<br>Fathers' Support Group, 6pm  | 26<br>Journey in Hopatcong, 10am—2pm<br>NYJC, 10am—4:30pm<br>Job Club/Workforce Wednesday, 1pm<br>Open Lab/C2C 2—4pm<br>Enough Abuse, 3pm<br>Hassle Free Mealtimes with Children, 5:30pm  | 27<br>Journey in Franklin, 10am—2pm<br>HOW, 9:30am—3pm<br>NYJC, 10am—4:30pm<br>Bridges, 10am—noon<br>Word 10am—noon<br>Links for Success, 11am<br>Networking & Social Media, 1pm<br>Foundations, 1—3pm<br>Family Fun Night, 6pm   | 28<br>Testing, 9:30am—12:30pm<br>NYJC, 10am—4:30pm<br>Financial Management, 11am | 29   |

**You've  
got this!**  
And you've  
got support.




**Project Self-Sufficiency** is a community-based organization devoted to building strong futures by helping parents and children succeed together.

We offer three *free, voluntary & confidential* **HOME VISITATION** programs to meet the needs of first-time moms-to-be, new moms, and moms of toddlers.

**Get help with:**

- maternal and child health
- monitoring your child's development
- basic needs like diapers and food
- next steps in your education or career
- Interaction with other moms and babies

*Did you know ...*

There's also a **FREE online tool** to help you check your child's development – and connect you with resources to support you? Scan this  code on your phone, or visit the website below the code!

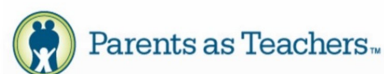


*Make sure your child  
gets the best start in life.  
Reach out today!*

**Project Self-Sufficiency**

**973-940-3500**

**[www.projectsufficiency.org](http://www.projectsufficiency.org)**



## Little Sprouts Early Learning Center



Day Care, Preschool & Pre-K

Enrolling Now!

Little Sprouts is a fully licensed day care and preschool facility for children age 6 weeks through 6 years.

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

Visit us on the web: [www.littlesproutsearlylearningcenter.org](http://www.littlesproutsearlylearningcenter.org)

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:

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

