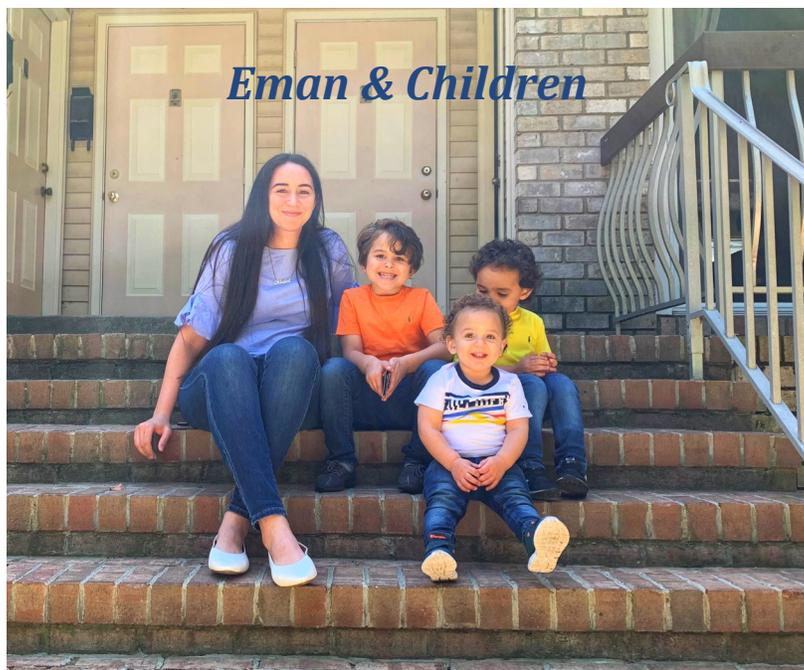


# Healthy Families

## Family Support Program at Project Self-Sufficiency



- ♦ Free, Personalized Support for Sussex & Warren County Residents
- ♦ Get Advice about Work, Goal-Setting, Relationships
- ♦ Discuss Parenting, Nutrition, Health, Development, Literacy & More



I have moved around a lot. My husband and I have been together for 6 years. We lived in Egypt for 3 years, but we have lived in New Jersey for several years now. My sisters and mother live in the Midwest.

The Healthy Families program gives you a mental break if you need it. It gives you less stress with your kids. It's a different perspective. It's someone who checks in on you every month and helps you to be aware of what's going on with your child.

My family support worker is great. She makes sure that the children are developing properly and responding as they should. She teaches me stress reduction techniques, bless her soul. She taught me how to cope when the kids are having a tantrum. The best thing about this program is just being with her. She gives me a different energy. It's a conversation with another adult. She's a breath of fresh air.

Right now, I only go to the grocery store and that's about all I do. Otherwise, I stay in the house with the kids. We do Zoom meetings with my family support worker.

Traveling with children is pretty easy for me. I am looking forward to visiting my mother, but right now I can't visit her because I don't want to risk getting her sick.

**To enroll, or to find out more about the Healthy Families program at Project Self-Sufficiency, call 973-940-3500 or visit [www.projectsselfsufficiency.org](http://www.projectsselfsufficiency.org).**