

Home Visitation participants also have access to Project Self-Sufficiency's full array of center-based services:

Project Self-Sufficiency Comprehensive Programs & Services

Career Directions &
Employability Initiative
Youth Connections
Single Parent/
Displaced Homemaker Program
Family Success Center
Enough Abuse Campaign
Young Family Services
Little Sprouts
Early Learning Center
GED & Family Literacy Program
IOLTA Legal Education Program
Community Health Education/
Breast Health Awareness Program
The Parenting Center
Fresh Start
for Families in Substance Abuse Treatment
and Recovery
Home Visitation Programs
Nutrition Assistance Programs
Information, Referral & Advocacy

How do I sign up?

Call the local Nurse-Family Partnership office:

**Sussex-Warren-Hunterdon
Home Visitation Referral Line
(973) 940-3511**



Project Self-Sufficiency

127 Mill Street
Newton, NJ 07860
(973) 940-3500

www.projectselfsufficiency.org



Pregnant with your first baby?



Let us help!

 Nurse-Family
Partnership
Helping First-Time Parents Succeed[®]



Nurse-Family Partnership @ PSS

What is Nurse-Family Partnership?

Nurse-Family Partnership is a program for women who are having their first baby. If you enroll, a registered nurse will visit you in your home throughout pregnancy and continue to visit until your baby is 2 years old.

How much does this program cost?

Nurse-Family Partnership is FREE to all eligible women.

How often will my nurse visit?

Your nurse will visit every week or two during your pregnancy and up until your baby is 2 years old. You and your nurse will decide the exact schedule.

My nurse will help me:

- Have a healthy pregnancy and a health baby
- Become a better parent
- Build a strong network of support for me and my baby
- Make my home a safe place for my baby to live and play
- Get referrals for healthcare, childcare, job training and other support services available at Project Self-Sufficiency and in the community
- Find ways to continue my education and develop job skills
- Set goals for my family's future and find ways to help me reach them

Can my baby's father participate, too?

- Nurse-Family Partnership encourages fathers, family members and even friends to be involved in the visits and learn how they can best support you
- You and your nurse decide who gets involved
- Because you are the one who carries the baby and you are the first person to take care of your baby, you are the one who is actually enrolled in the program and you are the main focus of the nurse

Who can enroll in the Nurse-Family Partnership Program?

Any woman who:

- Is pregnant with her first child
- Meets income requirements
- Lives in Sussex, Warren or Hunterdon County, New Jersey

You are encouraged to enroll as early as possible in your pregnancy

Project Self-Sufficiency also offers these Home Visitation Programs:

PARENTS AS TEACHERS™

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

HEALTHY FAMILIES®/TIP

For expectant parents and parents of infants. **Participation in this program can count toward Work First New Jersey required activities.**

All home visitation programs are FREE and VOLUNTARY.

It's never too soon to start becoming a *great* parent!



Call the Sussex-Warren-Hunterdon Home Visitation Referral Line: **(973) 940-3511**

or go to www.projectsufficiency.org to learn more about eligibility requirements and how home visitation can help you!