

# Project Self-Sufficiency Newsletter

November—December 2024

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[pss@projectselfsufficiency.org](mailto:pss@projectselfsufficiency.org) ★ [www.projectselfsufficiency.org](http://www.projectselfsufficiency.org)

The Agency will be closed November 11, 28, 29 & December 24, 25, 2024

## Get Ready for Thanksgiving

### Does Your Family Need Help at Thanksgiving?

Thanks to our very generous community, Project Self-Sufficiency participants can receive a frozen turkey and all of the fixings for a complete Thanksgiving feast. Supplies are dependent upon donations and can be limited; contact your Case Manager or Home Visitor to register.



## The Season of Hope Toy Shop

### Families in Need Can Get Help with the Holidays

The Season of Hope Toy Shop is open to current, active Project Self-Sufficiency participants as well as members of the public. New gifts and toys will be available for infants, toddlers, children and teens.



Details about the dates, times, and location of the Toy Shop will be provided at the time of registration. The number of toys per child is determined by the number of people registered and the number of donations received. All registered participants are asked to adhere to their assigned time slot.

### In-Person Toy Shop Registration

Friday, November 1, 10:00 a.m.—4:00 p.m.

Saturday, November 2, 10:00 a.m.—1:00 p.m.

If you are unable to attend in-person registration on these dates, call Project Self-Sufficiency, 973-940-3500 immediately.

## Parenting Skills Programs

### “Triple P”—Positive Parenting Program

Learn about child development and positive parenting strategies by attending workshops, discussion groups, and one-on-one coaching sessions. Receive a gift card for participation! **Check inside for details!**

### “Bridges” Helps Young Adults, 18—24

#### Pregnant & Parenting Young Adults

Tuesdays & Thursdays, 10:00 a.m.—noon

November 5, 7, 12, 14, 19, 26 & December 3, 5



- ⇒ 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

## 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.

## Earth Angels Helps Seniors at the Holidays

### Gift Cards & More



Do you know a senior citizen in Sussex or Northern Warren County who could use a little help during the holidays? The Earth Angels program offers festive bags stuffed with gift cards and special items designed to brighten the holidays. **Call 973-940-3500 to register for assistance.**

### Don't Miss the Holiday Party!

Tuesday, December 3 @ noon in Hackettstown  
Trinity United Methodist Church

## Goings On at Project Self-Sufficiency

**Make a New Year's Resolution to Focus on Yourself!**

Sign up for the Winter session of **Higher Opportunities for Women** and get started on the New You!



### 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.,**

**November 5,  
12, 19, 26  
December 3**

### Adverse Childhood Experiences

#### PACEs Stakeholder Group Meeting

**Thursday, November 14, 11:00 a.m.—via Zoom**

#### 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.

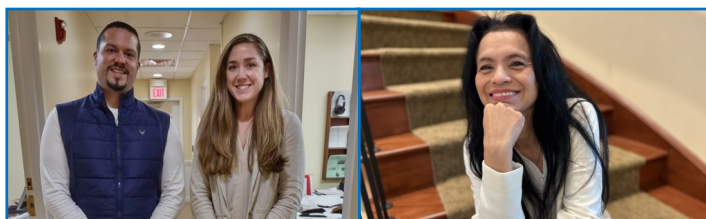
**Wednesday, November 20, 2:00 p.m.—via Zoom**

#### 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.



**English**

November 12, 2pm (Zoom)

**Español**

13 de Noviembre, 2pm (Zoom)



## 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**

November 7, 21;  
December 5

**Hackettstown,  
9:30am—3:30pm**

November 5, 19;  
December 3

**Hopatcong, 10am—2pm**

November 6, 20;  
December 4

**Netcong, 10am—2pm**

November 12, 26;  
December 17

**Vernon, 10am—2pm**

November 13, 27;  
December 18

**Journey will be off the road,  
the weeks of  
December 9th, 23rd, & 30th!**

### 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 has been life changing. They have given me information, helped me with a lot of skills, and made me more confident as a mother and as a woman."*



**Terrika & Ava**

### New Jersey Youth Corps

**Enroll Now for the February 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.
- \$7,500 towards tuition, textbooks, computers, or fees for higher education.



## 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!

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!



|                                 |                                |
|---------------------------------|--------------------------------|
| <b>Project Self-Sufficiency</b> | <b>Journey In Hackettstown</b> |
| November 13, noon               | November 19, noon              |

### Connecting NJ

NJ Resources Helping Families Thrive

*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.*

### Project Sussex Kids

*Sussex County Council for Young Children*

#### Steering Committee & PACEs Stakeholder Group Meeting

Thursday, November 14, 11:00 a.m. — *via Zoom*

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

Wednesday, December 4, 11:00 a.m., *Project Self-Sufficiency*

Thursday, December 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 information.



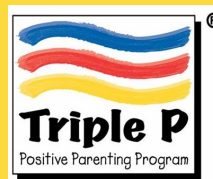
### Parenting Programs Helps Parents, Educators

#### "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.

#### Workshops Targeted to Your Needs

|                                       |                        |
|---------------------------------------|------------------------|
| Power of Positive Parenting           | November 6, 5:00 p.m.  |
| Raising Resilient Children            | November 13, 5:00 p.m. |
| Raising Confident, Competent Children | November 20, 5:00 p.m. |



Effective, evidence-based parenting programs backed up by more than 35 years of ongoing research.

*For Every Parent!*

Happening at the Journey Family Success Center!



Helping all families find their path to success! For more information, visit 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.

- Be a Problem Solver November 4
Overcoming the Fear of Criticism November 18
Why Traditions Matter November 25
The Importance of Self-Care December 2



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.

Monday, November 18, 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.

Tuesday, November 12, 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, November 5, 12, 19, 26, December 3, 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 November 6, December 4
Job Searching November 13
Interviewing Skills November 20
First Day on the Job November 27

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.

Wednesday, November 27, 3:00 p.m.

Parents' Support Group—Via Zoom

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

Wednesdays, November 13 & 20, 7:00 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.

Thursday, November 14, 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.

Thursday, November 21, 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, November 20 & December 18, 6:00 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.

Tuesday, November 19, 5:00 p.m.

Annual Holiday Party!

Tuesday, December 3rd—Noon

Trinity United Methodist Church, Hackettstown

Photos with Santa!

Games, crafts, holiday music, and more!



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, noon, Wednesdays, 11:00 a.m., Thursdays, 1:00 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.**

November 4, 18, 25; December 2

#### Job Searching ...

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

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

November 5, 12, 19, 26; December 3

#### 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.**

November 6, 13, 20, 27; December 4

#### 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.**

November 7, 14; December 5

#### Financial Management ...

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

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

November 1, 8, 5; December 6

#### 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!*

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

November 5, 6, 12, 13, 19, 20, 26, 27; December 3, 4

**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 PowerPoint & Outlook** ... Create custom slide shows and sophisticated presentations. Manage emails, contacts, tasks, calendars, group scheduling, and to-do lists.

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

October 29, 31, November 5, 7, 12, 14—**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**

November 26, December 3, 5—**In Person**

#### 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 February 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 in February—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**

November 5, 7, 12, 14, 19, 26;

December 3, 5





## Other Project Self-Sufficiency Programs & Services

### Free Legal Assistance & Education

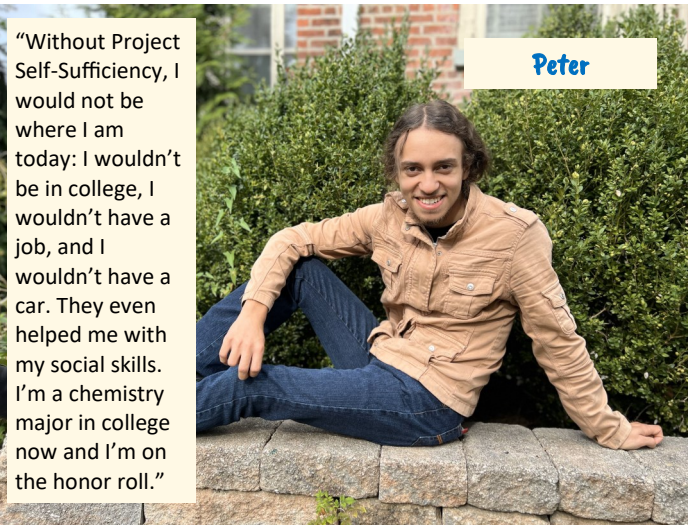
#### Private Phone Consultations with an Attorney



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.



Peter

"Without Project Self-Sufficiency, I would not be where I am today: I wouldn't be in college, I wouldn't have a job, and I wouldn't have a car. They even helped me with my social skills. I'm a chemistry major in college now and I'm on the honor roll."

### 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**

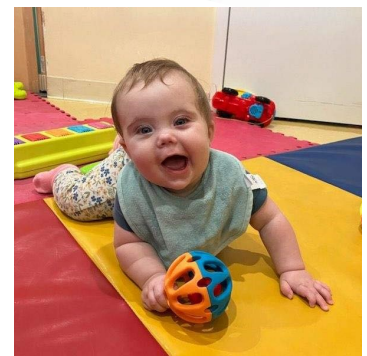
Take a virtual tour on our website and be sure to **check out our YouTube channel!**

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, November 20 & December 18, 6:00 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.**  
November 4, 18, 25; December 2  
**Wednesdays, 11:00 a.m.**  
November 6, 13, 20, 27; December 4  
**Thursdays, 1:00 p.m.**  
November 7, 14; December 5

#### Career Foundations—*In Person*

**Tuesdays & Thursdays, 10:00 a.m.—noon**  
**November Session One**  
November 5, 7, 12, 14  
**November Session Two**  
November 19 and 26  
**December Session**  
December 3 and 5

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

**Tuesdays & Thursdays, 1:00—3:00 p.m.**  
**November Session One**  
November 5, 7, 12, 14  
**November Session Two**  
November 19, 26  
**December Session**  
December 3 and 5

#### Open Lab & Campus 2 Campus—*Via Zoom or in person*

**Tuesdays & Wednesdays,**  
**10:00 a.m.—noon**  
November 5, 6, 12, 13, 19, 20, 26, 27;  
December 3, 4  
**Or by appointment**

#### Computer Classes

**Microsoft PowerPoint & Outlook—*In Person***  
**Tuesdays & Thursdays, 10:00 a.m.—Noon**  
October 29, 31, November 5, 7, 12, 14

#### Microsoft Word—*In Person*

**Tuesdays & Thursdays, 10:00 a.m.—Noon**  
November 26, December 3, 5

#### Resumes & Cover Letters

**Mondays, 1:00 p.m.—*In Person or Zoom***  
November 4, 18, 25; December 2

#### Job Searching

**Tuesdays, 1:00 p.m.—*In Person or Zoom***  
November 5, 12, 19, 26; December 3

#### Job Club/Workforce Wednesday—

***In Person or Zoom***  
**Wednesdays, 1:00 p.m.**  
November 6, 13, 20, 27; December 4

#### Networking & Social Media

**Thursdays, 1:00 p.m.—*In Person or Zoom***  
November 7, 14; December 5

#### Financial Management

**Fridays, 11:00 a.m.—*In Person or Zoom***  
November 1, 8, 15; December 6

#### Testing

**CASAS, Work Readiness, Accuplacer**  
**Fridays, 9:30 a.m.—12:30 p.m.**  
November 1, 8, 15; December 6

#### New Jersey Youth Corps

**Monday—Friday, 10:00 a.m.—4:30 p.m.**  
**Register now for the February session!**

#### Bridges

**Tuesdays & Thursdays, 10:00 a.m.—noon**  
November 5, 7, 12, 14, 19, 26  
December 3, 5

#### Higher Opportunities for Women

**Tuesdays & Thursdays,**  
**Through January 23, 9:30am—3pm**  
*Contact Your Case Manager to Apply for the February session!*

#### Mommy Parties

November 13, **noon @PSS**  
November 19 & December 3, **noon in Hackettstown**

#### Legal Seminars—*Via Zoom*

**Thursday, 7:00 p.m.**  
**Family Law,**  
November 14

#### Adverse Childhood Experiences

**Understanding ACEs—*Via Zoom***  
**Wednesday, 2:00 p.m.**  
November 20

#### Connections Matter

**English—*Via Zoom***  
Tuesday, November 12, 2:00 p.m.  
**Español—*a través de Zoom***  
Miércoles, 13 de Noviembre, 2:00 p.m.

#### Enough Abuse Workshop—*Via Zoom*

**Wednesday, 3:00 p.m.**  
November 27

#### Project Sussex Kids

**Steering Committee Meeting & PACES Stakeholder Group Meeting**  
Thursday, November 14, 11:00 a.m.  
**Home Visitation & Early Childhood Joint Advisory Board Meeting**  
Wednesday, December 4, 11:00 a.m.,  
*Project Self-Sufficiency*  
**Thursday, December 5, 11:00 a.m.,**  
*Phillipsburg Housing Authority*

#### Triple P Parenting Program

**Workshops—*In Person***  
**Wednesdays, 5:00 p.m.**  
**Power of Positive Parenting**  
November 6  
**Raising Resilient Children**  
November 13  
**Raising Confident, Competent Children**  
November 20

#### Family Success Center

**Motivation Monday—*Via Zoom***  
**Mondays, 2:00 p.m.**  
November 4, 18, 25; December 2

#### Women's Support Group—*Via Zoom*

**Monday, 7:00 p.m.**  
November 18

#### Parent Support Group—*Via Zoom*

**Wednesdays, 7:00 p.m.**  
November 13, 20

#### Breast Cancer Support Group—*Via Zoom*

**Tuesdays, 2:00 p.m.**  
November 12

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

**Tuesdays, 6:00 p.m.**  
November 5, 12, 19, 26; December 3

#### Ages & Stages Information Session—*Via Zoom*

**Thursdays, 3:00 p.m.**  
November 21

#### Health Equity Presentation—*Via Zoom*

**Thursdays, 3:00 p.m.**  
November 14

#### Parent Advisory Council Meeting—*In Person & Via Zoom*

**Tuesday, 5:00 p.m.**  
November 19

#### Holiday Party

**Tuesday, noon**  
December 3, *Hackettstown*

#### Family Nights at Little Sprouts

**Wednesdays, 6:00 p.m.**  
November 20 & December 18

Happy  
Holidays!



Project Self-Sufficiency Events, November 2024

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



Project Self-Sufficiency Events, December 2024

| Sunday | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday             |
|--------|---|--|--|---|---|----------------------|
| 1      | 2<br>NJYC, 10am—4:30pm<br>Links for Success, noon<br>Resumes & Cover Letters, 1pm<br>Motivation Monday, 2pm | 3<br>Journey in Hackettstown, 9:30am—3:30pm<br>HOW, 9:30am—3pm<br>Bridges, 10am—noon<br>Career Foundations, 10am—noon<br>NJYC, 10am—4:30pm<br>Open Lab/C2C, 10am—noon<br>Word, 10am—noon<br><b>Holiday Party</b> , noon, Hackettstown<br>Job Searching, 1pm<br>Foundations, 1—3pm<br>Fathers' Support Group, 6pm | 4<br>Journey in Hopatcong, 10am—2pm<br>NJYC, 10am—4:30pm<br>Open Lab/C2C, 10am—noon<br>Links for Success, 11am<br><b>Home Visitation &amp; Early Childhood</b><br><b>Joint Advisory Board Meeting, 11am,</b><br><b>Project Self-Sufficiency</b><br>Job Club/Workforce Wednesday, 1pm | 5<br>Journey in Franklin, 10am—2pm<br>HOW, 9:30am—3pm<br>Bridges, 10am—noon<br>Career Foundations, 10am—noon<br>NJYC, 10am—4:30pm<br>Word, 10am—noon<br><b>Home Visitation &amp; Early Childhood</b><br><b>Joint Advisory Board Meeting,</b><br><b>11am, Phillipsburg Housing</b><br><b>Authority</b><br>Links for Success, 1pm<br>Networking & Social Media, 1pm<br>Foundations, 1—3pm | 6<br>Testing, 9:30am—12:30pm<br>NJYC, 10am—4:30pm<br>Financial Management, 11am | 7                    |
| 8      | 9<br>NJYC, 10am—4:30pm  | 10<br>NJYC, 10am—4:30pm  | 11<br>NJYC, 10am—4:30pm  | 12<br>NJYC, 10am—4:30pm   | 13  | 14                   |
| 15     | 16<br>NJYC, 10am—4:30pm   | 17<br>Journey in Netcong, 10am—2pm<br>HOW, 9:30am—3pm<br>NJYC, 10am—4:30pm   | 18<br>Journey in Vernon, 10am—2pm<br>NJYC, 10am—4:30pm   | 19<br>HOW, 9:30am—3pm<br>NJYC, 10am—4:30pm  | 20  | 21                   |
| 22     | 23<br>NJYC, 10am—4:30pm   | 24   | 25   | 26  | 27  | 28                   |
| 29     | 30<br><b>AGENCY CLOSED</b>  | 31<br><b>AGENCY CLOSED</b>   | <b>AGENCY CLOSED</b>   | <b>AGENCY CLOSED</b>  | <b>AGENCY CLOSED</b>  | <b>AGENCY CLOSED</b> |

Project Self-Sufficiency and our partners will distribute holiday gifts to over **2,000 children** in Sussex and Warren counties in 2024.

# Season of HOPE



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 -**

Friday, November 1      10:00 a.m. to 4:00 p.m.

Saturday, November 2      10:00 a.m. to 1:00 p.m.

Season of HOPE

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

127 Mill Street Newton, NJ 07860 • (973) 940-3500 • [www.projectsselfsufficiency.org](http://www.projectsselfsufficiency.org)



## 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.

For additional information, please go to:



# November—December 2024 Newsletter

## Find Us Online!

### Websites:

[www.projectsselfsufficiency.org](http://www.projectsselfsufficiency.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)  
[www.facebook.com/NewJerseyYouthCorpsofSussexWarrenCounties](https://www.facebook.com/NewJerseyYouthCorpsofSussexWarrenCounties)  
[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://projectsselfsufficiencynj.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)

