

Help for Parents!

Parenting Workshops & Discussion Groups Hosted by Project Self-Sufficiency

Workshops Targeted to Your Needs

Power of Positive Parenting	May 13, 5:00 p.m.
Raising Resilient Children	May 20, 5:00 p.m.
Raising Confident, Competent Children	May 27, 5:00 p.m.
Developing Good Bedtime Routines	June 17, 5:00 p.m.
Hassle-Free Mealtimes	June 24, 5:00 p.m.

Positive Parenting Group Class

Group Session with One-on-One Component <i>—must attend all sessions</i>	June 4, 11, 18, 25, 5:00 p.m.
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ACT Raising Safe Kids

Tuesdays via Zoom—must attend all sessions	May 13, 20, 27; June 3, 10, 17, 24, 6:00 p.m.
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Get Help with Anger Management, Stress Reduction, Behavior Issues, and More



One-on-One Coaching Available by Appointment

Call 973-940-3500 to Schedule

Free!
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A program of Project Sussex Kids & the Journey Family Success Center