

# Project Self-Sufficiency Newsletter

January—February 2025

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The Agency will be closed January 1st, 20th, & February 17th.

## Giving Thanks for a Generous Community

We are grateful for the exceptional organizations, businesses, and individuals who brightened the holidays for local families! In November, Project Self-Sufficiency distributed more than 500 Thanksgiving meals—complete with frozen turkeys and all of the fixings—to families in need. Many thanks to the incredibly generous donations from our magnanimous supporters!



Thousands of children were served by the 2024 Season of Hope Toy Shop. This monumental feat would not have been possible without overwhelming support from our Board of Directors, hard-working staff, dedicated volunteers, and community partners. Forty-seven local schools participated in the Stuff the Stocking contest, and toy donations were made by hundreds of people, businesses and organizations. More than 130 musicians volunteered to perform holiday tunes for all to enjoy.

## 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

January 2, 7, 9, 14, 16, 21, 23, 28, 30

February 4, 6, 11, 13, 18, 20, 25, 27



- ⇒ 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. **Starts in March!**



### Learn More at an Open House

Tuesdays at Noon

January 7, 14, 21, 28  
February 4, 11

Thursdays at 4:30 p.m.

January 9, 16, 23, 30  
February 6, 13

## Office Skills Training Program for Women

### Higher Opportunities for Women **Starts in February!**

Rejuvenate your skills with the Higher Opportunities for Women employment skills training program.



**Microsoft Office Computer Training:** Basic Computer Skills—Microsoft Word, Excel, PowerPoint & Outlook

**Employability Skills:** Resumes & Cover Letters—Job Search Techniques—Interview Skills

Tuesdays & Thursdays, 9:30am—3pm

### Learn More at an Open House

10:00 a.m.

January 10 & 27

1:00 p.m.

January 14 & 24

5:00 p.m.

January 8 & 30

## Cupid's Winter Wonderland!

Bring the Kids for Games, Crafts, Music, Dinner, & More!

Thursday, February 13, 6:00 p.m.

Presented by the Journey Family Success Center  
Parent Advisory Council!



## Goings On at Project Self-Sufficiency

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

Discover the New You with the Winter Session of the **Higher Opportunities for Women** program!



### 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.,**

**January 7, 14,  
21, 28;  
February 4**

### 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.**



### New Jersey Youth Corps

#### Enroll Now for the March 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.



## 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

January 9, 23;  
February 6, 20

#### Hackettstown, 9:30am—3:30pm

January 7, 21\*;  
February 4, 18\*

#### Hopatcong, 10am—2pm

January 8, 22;  
February 5, 19

#### Netcong, 10am—2pm

January 14, 28;  
February 11, 25

#### Vernon, 10am—2pm

January 15, 29;  
February 12, 26

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

## Adverse Childhood Experiences

### PACEs Stakeholder Group Meeting

**Thursday, January 16, 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.

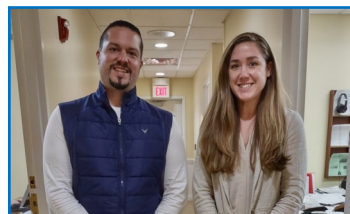
**Wednesday, January 29, 2:00 p.m.—via Zoom**

### Connections Matter

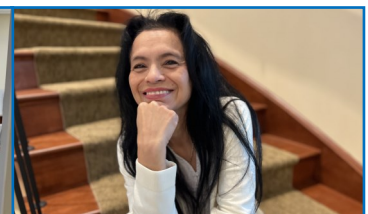
#### Positive & Adverse Childhood Experiences

*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**  
February 11, 2pm (Zoom)



**Español**  
12 de Febrero, 2pm (Zoom)

## 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!



Project Self-Sufficiency	Journey In Hackettstown
January 15, 1:00—3:00 p.m. February 12, 12:00—2:00 p.m.	January 21, 12:00—2:00 p.m. February 18, 12:00—2:00 p.m.

### 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	
Bedtime Routines	January 14, 5:00 p.m.
Hassle-Free Mealtimes	January 21, 5:00 p.m.
Managing Fighting & Aggression	January 28, 5:00 p.m.
Dealing with Disobedience	February 4, 5:00 p.m.
Hassle-Free Shopping	February 11, 5:00 p.m.
Power of Positive Parenting	February 25, 5:00 p.m.

### Positive Parenting Group Class

Group Session with One-on-One Component — <i>must attend all sessions</i>	January 16, 23, 30; February 6, 13, 5:00 p.m.
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### Project Sussex Kids

*Sussex County Council for Young Children*

#### Steering Committee & PACEs Stakeholder Group Meeting

Thursday, January 16, 11:00 a.m.—*via Zoom*

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

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



**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.**



### Baby Beginnings!

**Tips for Safe Sleeping, Nutrition, & More!**

Friday, January 31  
10:00 a.m.—noon

**Free Baby Items, Prizes, & Giveaways, too!**

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 Regret                   | January 6   |
| Being a Leader in Everyday Life     | January 13  |
| Embracing Change                    | January 27  |
| How to Reach Your Goals             | February 3  |
| The Power of Visualization          | February 10 |
| Persistence: The Pathway to Success | February 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, January 13, 27, February 10, 24, 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.

**Tuesdays, January 14, February 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, January 7, 14, 21, 28, February 4, 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 | January 8, February 5   |
| Job Searching           | January 15, February 12 |
| Interviewing Skills     | January 22, February 19 |
| First Day on the Job    | January 29, February 26 |

**Parents' Support Group—Via Zoom**

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

**Wednesdays, January 15, 29; February 12, 26, 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](http://Prevent Child Abuse New Jersey), Project Self-Sufficiency and the Sussex Warren Partnership to Prevent Child Sexual Abuse.

**Wednesdays, January 29, February 26, 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, January 16; February 13, 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, January 23; February 20, 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, January 22 & February 26, 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.

**Tuesdays, January 7 & February 11, 5:00 p.m.**



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.**

January 6, 13, 27; February 3, 10, 24

#### Job Searching ...

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

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

January 7, 14, 21, 28; February 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.**

January 8, 15, 22, 29; February 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.**

January 2, 9, 16, 23, 30; February 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.**

January 3, 10, 17, 24, 31; February 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!*

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

January 7, 8, 14, 15, 21, 22, 28, 29; February 4, 5, 11, 12, 18, 19, 25, 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**

January 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**

February 4, 6, 11, 13, 18, 20, 25, 27—**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 March—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**

January 2, 7, 9, 14, 16, 21, 23, 28, 30;

February 4, 6, 11, 13, 18, 20, 25, 27



## 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.

"I had to stop working for many years, and I was afraid of never finding a job that would make enough to support my kids. Project Self-Sufficiency was there when things were tight. Now I work as a bank teller and I just celebrated my second anniversary there. Without Project Self-Sufficiency, I wouldn't be here and I wouldn't be as confident."

- Erum



### 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, January 22 & February 26, 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.**

January 6, 13, 27; February 3, 10, 24

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

January 8, 15, 22, 29; February 5, 12, 19, 26

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

January 2, 9, 16, 23, 30; February 6, 13, 20, 27

#### Career Foundations—*In Person*

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

**January Session One**

January 7, 9, 14, 16

**January Session Two**

January 21, 23, 28, 30

**February Session One**

February 4, 6, 11, 13

**February Session Two**

February 18, 20, 25, 27

#### Foundations for Personal Success—

*In Person*

**Tuesdays & Thursdays, 1:00—3:00 p.m.**

**January Session One**

January 7, 9, 14, 16

**January Session Two**

January 21, 23, 28, 30

**February Session One**

February 4, 6, 11, 13

**February Session Two**

February 18, 20, 25, 27

#### Open Lab & Campus 2 Campus—

*Via Zoom or in person*

**Tuesdays & Wednesdays,**

**10:00 a.m.—noon**

January 7, 8, 14, 15, 21, 22, 28, 29;

February 4, 5, 11, 12, 18, 19, 25, 26

**Or by appointment**

#### Computer Classes

**Microsoft Excel—*In Person***

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

January 7, 9, 14, 16, 21, 23, 28, 30

**Microsoft Word—*In Person***

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

February 4, 6, 11, 13, 18, 20, 25, 27

#### Resumes & Cover Letters

**Mondays, 1:00 p.m.—*In Person or Zoom***

January 6, 13, 27; February 3, 10, 24

#### Job Searching

**Tuesdays, 1:00 p.m.—*In Person or Zoom***

January 7, 14, 21, 28; February 4, 11, 18, 25

#### Baby Beginnings

**January 31, 10:00 a.m.—noon**

#### Job Club/Workforce Wednesday—

*In Person or Zoom*

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

January 8, 15, 22, 29; February 5, 12, 19, 26

#### Networking & Social Media

**Thursdays, 1:00 p.m.—*In Person or Zoom***

January 2, 9, 16, 23, 30; February 6, 13, 20, 27

#### Financial Management

**Fridays, 11:00 a.m.—*In Person or Zoom***

January 3, 10, 17, 24, 31; February 7, 14, 21, 28

#### Testing

**CASAS, Work Readiness, Accuplacer**

**Fridays, 9:30 a.m.—12:30 p.m.**

January 3, 10, 17, 24; February 7, 14, 21, 28

#### New Jersey Youth Corps

**Monday—Friday, 10:00 a.m.—4:30 p.m.**

**Register now for the March session!**

#### Bridges

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

January 2, 7, 9, 14, 16, 21, 23, 28, 30;

February 4, 6, 11, 13, 18, 20, 25, 27

#### Higher Opportunities for Women

**Tuesdays & Thursdays,**

**Through January 23, 9:30am—3pm**

**Contact Your Case Manager to Apply for the**

**February session!**

#### Mommy Parties

January 15, 1:00 p.m., *Project Self-Sufficiency*

January 21, 12:00—2:00 p.m., *Hackettstown*

February 12, 12:00—2:00 p.m., *PSS*

February 18, 12:00—2:00 p.m., *Hackettstown*

#### Legal Seminars—*Via Zoom*

**Thursdays,**

**Family Law,**

January 23 and February 20, 7:00 p.m.

**Bankruptcy,**

January 30, 5:00 p.m.

#### Adverse Childhood Experiences

**Understanding ACEs—*Via Zoom***

**Wednesday, 2:00 p.m.**

January 29

**Connections Matter**

**English—*Via Zoom***

Tuesday, February 11, 2:00 p.m.

**Español—*a través de Zoom***

Miercoles, 12 de Febrero, 2:00 p.m.

#### Enough Abuse Workshop—*Via Zoom*

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

January 29 & February 26

#### Cupid's Winter Wonderland

**February 13, 6:00 p.m.**

#### Project Sussex Kids

**Steering Committee Meeting & PACEs**

**Stakeholder Group Meeting**

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

**Home Visitation & Early Childhood Joint**

**Advisory Board Meeting**

Tuesday, March 4, 11:00 a.m.,

*Project Self-Sufficiency*

**Wednesday, March 5, 11:00 a.m.,**

*Phillipsburg Housing Authority*

#### Triple P Parenting Program

**Workshops—*In Person***

**Developing Good Bedtime Routines**

January 14, 5:00 p.m.

**Hassle-Free Mealtimes with Children**

January 21, 5:00 p.m.

**Managing Fighting & Aggression**

January 28, 5:00 p.m.

**Dealing with Disobedience**

February 4, 5:00 p.m.

**Hassle-Free Shopping with Children**

February 11, 5:00 p.m.

**Power of Positive Parenting**

February 25, 5:00 p.m.

**Group Positive Parenting Class**

January 16, 23, 30; February 6, 13, 5:00 p.m.

#### Family Success Center

**Motivation Monday—*Via Zoom***

**Mondays, 2:00 p.m.**

January 6, 13, 27; February 3, 10, 24

**Women's Support Group—*Via Zoom***

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

January 13, 27; February 10, 24

**Parent Support Group—*Via Zoom***

**Wednesdays, 7:00 p.m.**

January 15, 29; February 12, 26

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

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

January 14; February 11

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

**Tuesdays, 6:00 p.m.**

January 7, 14, 21, 28; February 4

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

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

January 23; February 20

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

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

January 16; February 13

**Parent Advisory Council Meeting—*In Person***

**& *Via Zoom***

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

January 7; February 11

#### Family Nights at Little Sprouts

**Tuesdays, 6:00 p.m.**

January 22, February 26

# Project Self-Sufficiency Events, January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6 NJYC, 10am—4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm	7 Journey in Hacktstown, 9:30am—3:30pm HOW, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon Open Lab/C2C, 10am—noon Excel 10am—noon Job Searching 1pm Foundations, 1—3pm FSC Parent Advisory Council Meeting, 5pm Fathers' Support Group, 6pm	1 <b>AGENCY CLOSED</b>	2 HOW, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon NJYC, 10am—4:30pm Links for Success, 1pm Networking & Social Media, 1pm	3 Testing, 9:30am—12:30pm NJYC, 10am—4:30pm Financial Management, 11am	4
12	13 NJYC, 10am—4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm Women's Support Group, 7pm	14 Journey in Netcong, 10am—2pm HOW, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon NJYC, 10am—4:30pm Open Lab/C2C, 10am—noon Excel 10am—noon Job Searching 1pm Foundations, 1—3pm Connections Matter, 2pm, <i>English</i> Breast Cancer Support Group, 2pm Bedtime Routines, 5pm Fathers' Support Group, 6pm	15 Journey in Vernon, 10am—2pm NJYC, 10am—4:30pm Open Lab/C2C, 10am—noon Links for Success, 11am Job Club/Workforce Wednesday, 1pm Mommy Party, 1—3pm, <i>Project Self-Sufficiency</i> Connections Matter, 2pm, <i>Spanish</i> Parents' Support Group, 7pm	16 HOW, 9:30am—3pm NJYC, 10am—4:30pm Bridges, 10am—noon Career Foundations, 10am—noon NJYC, 10am—4:30pm Excel 10am—noon <b>PSK Steering Committee/PACES Stakeholder Meeting, 11am</b> Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm Health Equity, 3pm Group Positive Parenting Class, 5pm	17 Testing, 9:30am—12:30pm NJYC, 10am—4:30pm Financial Management, 11am	18
19	20 <b>AGENCY CLOSED</b>	21 Journey in Hacktstown, 9:30am—3:30pm HOW, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon Open Lab/C2C, 10am—noon Mommy Party, 12—2pm, Hacktstown NJYC, 10am—4:30pm Excel 10am—noon Job Searching 1pm Foundations, 1—3pm Hassle-Free Mealtimes, 5pm Fathers' Support Group, 6pm	22 Journey in Hopatcong, 10am—2pm NJYC, 10am—4:30pm Open Lab/C2C, 10am—noon Links for Success, 11am Job Club/Workforce Wednesday, 1pm FSC Family Night at Little Sprouts, 6pm	23 Journey in Franklin, 10am—2pm HOW, 9:30am—3pm NJYC, 10am—4:30pm Bridges, 10am—noon Career Foundations, 10am—noon NJYC, 10am—4:30pm Excel 10am—noon Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm Ages & Stages, 3pm Group Positive Parenting Class, 5pm Family Law, 7pm	24 Testing, 9:30am—12:30pm NJYC, 10am—4:30pm Financial Management, 11am	25
26	27 NJYC, 10am—4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm Women's Support Group, 7pm	28 Journey in Netcong, 10am—2pm Bridges, 10am—noon Career Foundations, 10am—noon Open Lab/C2C, 10am—noon NJYC, 10am—4:30pm Excel 10am—noon Job Searching 1pm Foundations, 1—3pm Managing Fighting & Aggression, 5pm Fathers' Support Group, 6pm	29 Journey in Vernon, 10am—2pm NJYC, 10am—4:30pm Open Lab/C2C, 10am—noon Links for Success, 11am Job Club/Workforce Wednesday, 1pm Understanding ACEs, 2pm Enough Abuse, 3pm Parents' Support Group, 7pm	30 NJYC, 10am—4:30pm Bridges, 10am—noon Career Foundations, 10am—noon NJYC, 10am—4:30pm Excel 10am—noon Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm Bankruptcy, 5pm	31 Testing, 9:30am—12:30pm NJYC, 10am—4:30pm Baby Beginnings, 10am—noon Financial Management, 11am	



Project Self-Sufficiency Events, February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 NJYC, 10am—4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm	4 Journey in Hackettstown, 9:30am—3:30pm Bridges, 10am—noon Career Foundations, 10am—noon Open Lab/C2C, 10am—noon NJYC, 10am—4:30pm Word 10am—noon Job Searching 1pm Foundations, 1—3pm Dealing with Disobedience, 5pm Fathers' Support Group, 6pm	5 Journey in Hopatcong, 10am—2pm NJYC, 10am—4:30pm Links for Success, 11am Job Club/Workforce Wednesday, 1pm Open Lab/C2C, 10am—noon	6 Journey in Franklin, 10am—2pm Bridges, 10am—noon Career Foundations, 10am—noon NJYC, 10am—4:30pm Word 10am—noon Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm Group Positive Parenting Class, 5pm	7 Testing, 9:30am—12:30pm NJYC, 10am—4:30pm Financial Management, 11am	8
9	10 NJYC, 10am—4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm Women's Support Group, 7pm	11 Journey in Netcong, 10am—2pm Bridges, 10am—noon Career Foundations, 10am—noon Open Lab/C2C, 10am—noon Word 10am—noon NJYC, 10am—4:30pm Job Searching 1pm Foundations, 1—3pm Connections Matter, 2pm, <i>English</i> Breast Cancer Support Group, 2pm Hassle-Free Shopping, 5pm FSC Parent Advisory Council, 5pm	12 Journey in Vernon, 10am—2pm NJYC, 10am—4:30pm Links for Success, 11am Mommy Party, noon—2pm, <i>Project Self-Sufficiency</i> Job Club/Workforce Wednesday, 1pm Open Lab/C2C, 10am—noon Connections Matter, 2pm, <i>Spanish</i> Parents' Support Group, 7pm	13 Bridges, 10am—noon Career Foundations, 10am—noon NJYC, 10am—4:30pm Word 10am—noon Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm Health Equity, 3pm Group Positive Parenting Class, 5pm <b>Valentine's Day Party, 6pm</b>	14 Testing, 9:30am—12:30pm NJYC, 10am—4:30pm Financial Management, 11am	15
16	17 <b>AGENCY CLOSED</b>	18 Journey in Hackettstown, 9:30am—3:30pm Bridges, 10am—noon Career Foundations, 10am—noon Open Lab/C2C, 10am—noon NJYC, 10am—4:30pm Word 10am—noon Mommy Party, 12—2pm, Hackettstown Job Searching 1pm Foundations, 1—3pm	19 Journey in Hopatcong, 10am—2pm NJYC, 10am—4:30pm Links for Success, 11am Job Club/Workforce Wednesday, 1pm Open Lab/C2C, 10am—noon	20 Journey in Franklin, 10am—2pm Bridges, 10am—noon Career Foundations, 10am—noon NJYC, 10am—4:30pm Word 10am—noon Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm Ages & Stages, 3pm Family Law, 7pm	21 Testing, 9:30am—12:30pm NJYC, 10am—4:30pm Financial Management, 11am	22
23	24 NJYC, 10am—4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm Women's Support Group, 7pm	25 Journey in Netcong, 10am—2pm Bridges, 10am—noon Career Foundations, 10am—noon Open Lab/C2C, 10am—noon NJYC, 10am—4:30pm Word 10am—noon Job Searching 1pm Foundations, 1—3pm Power of Positive Parenting, 5pm	26 Journey in Vernon, 10am—2pm NJYC, 10am—4:30pm Links for Success, 11am Job Club/Workforce Wednesday, 1pm Open Lab/C2C, 10am—noon Enough Abuse, 3pm FSC Family Night at Little Sprouts, 6pm Parents' Support Group, 7pm	27 Bridges, 10am—noon Career Foundations, 10am—noon NJYC, 10am—4:30pm Word 10am—noon Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm	28 Testing, 9:30am—12:30pm NJYC, 10am—4:30pm Financial Management, 11am	

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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.

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gets the best start in life.  
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# January—February 2025 Newsletter

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### Blogs:

<https://projectsselfsufficiencynj.blogspot.com/>  
<https://projectsussexkids.blogspot.com/>  
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### Linked In:

<https://www.linkedin.com/company/project-self-sufficiency>  
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### 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)  
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### Threads

[https://www.threads.net/@project\\_self\\_sufficiency](https://www.threads.net/@project_self_sufficiency)

