

Project Self-Sufficiency Newsletter

March—April 2025

127 Mill Street, Newton, NJ 07860 ★ 973-940-3500 ★
pss@projectselfsufficiency.org ★ www.projectselfsufficiency.org

The Agency will be closed April 18th.

Career Fair in April

Meet employers who are eager to hire!



Bring your resume to the Spring Career Fair at Project Self-Sufficiency! Discuss current job openings with employers, attend seminars about job searching techniques, and get feedback on your interview skills.

“Bridges” Helps Young Adults, 18—24 Pregnant & Parenting Young Adults



- ⇒ 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

Tuesdays & Thursdays, 10:00 a.m.—noon
March 4, 6, 11, 13, 18, 20, 25, 27
April 1, 3, 8, 10, 15, 17, 22, 24, 29

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.

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!

“Sister-to-Sister” Prom Shop Returns

Hundreds of New & Gently Used Dresses, Accessories



Pregnancy & Infancy Summit

Professional Photo Shoot & More

Get up-to-date information about pregnancy, prenatal care, caring for a newborn—and a professional photo, too! Featuring Keynote Speaker Dr. Chris Canzoniero, giveaways, lunch, childcare, and more.

Saturday,
March 15th,

11:00 a.m.—
2:00 p.m.



Don’t Miss the
“Baby Beginnings: Babies & Bunnies” Spring Fling!
Thursday, April 17th, 6:00 p.m.

Goings On at Project Self-Sufficiency

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.,

March 4, 11,
18, 25
April 1, 8, 15,
22, 29

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 Next 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 & 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

March 6, 20;
April 3, 17

Hackettstown, 9:30am—3:30pm

March 4, 18,*;
April 1, 15, 29*

Hopatcong, 10am—2pm

March 5, 19;
April 2, 16, 30

Netcong, 10am—2pm

March 11, 25;
April 8, 22

Vernon, 10am—2pm

March 12, 26;
April 9, 23

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

Adverse Childhood Experiences

PACEs Stakeholder Group Meeting

Thursday, March 20, 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, March 26, 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
April 15 (Zoom)



Español
16 de Abril, 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
March 12, 1:00—3:00 p.m. April 9, 12:00—2:00 p.m.	March 18, 12:00—2:00 p.m. April 29, 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	
Power of Positive Parenting	March 4, 5:00 p.m.
Raising Resilient Children	March 11, 5:00 p.m.
Raising Confident, Competent Children	March 18, 5:00 p.m.
Developing Good Bedtime Routines	April 8, 5:00 p.m.
Hassle-Free Mealtimes	April 15, 5:00 p.m.
Managing Fighting & Aggression	April 22, 5:00 p.m.
Dealing with Disobedience	April 29, 5:00 p.m.

Positive Parenting Group Class	
Group Session with One-on-One Component — <i>must attend all sessions</i>	March 13, 20, 27, April 3, 5:00 p.m.

Project Sussex Kids

Sussex County Council for Young Children

Steering Committee & PACEs Stakeholder Group Meeting

Thursday, March 20, 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 or 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.**



Join Us for a Parent Cafe!

Thursday, April 17
4:00—5:30 p.m.

Discuss Mindfulness, Connect with Other Parents, Share Experiences

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.

- Building Self-Confidence March 3
- Getting Better Sleep March 10
- Learn to Regulate Emotions March 17
- What is the Zeigarnik Effect? March 24
- Embracing Doubt March 31
- Overcoming Perfectionism April 7
- The Mind/Body Connection April 14
- The Art of Self-Compassion April 21
- Meaningful Connections April 28



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, March 10, 24; April 14, 28, 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, March 11 & April 8, 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, March 4, 11, 18, 25; April 1, 8, 15, 22, 29, 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 March 3, April 2
- Job Searching March 12
- Interviewing Skills March 19, April 23
- First Day on the Job March 26, April 30
- Special Session: Career Fair Preparation April 9

Parents' Support Group—Via Zoom

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

Wednesdays, March 12, 26; April 9, 30, 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, Project Self-Sufficiency and the Sussex Warren Partnership to Prevent Child Sexual Abuse.

Wednesdays, March 26 & April 23, 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, March 13 & April 17, 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, March 20 & April 24, 3:00 p.m.

Journey FSC @ Little Sprouts Early Learning Center Family Nights—In Person

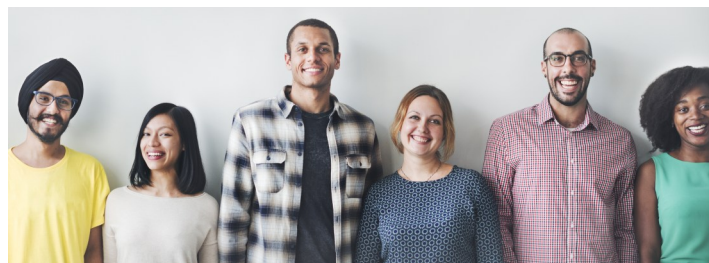
Parents and Little Sprouts Early Learning Center students can enjoy games, crafts, themed activities and pizza!

Wednesdays, March 26 & April 16, 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, March 11 & April 8, 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.

March 3, 10, 17, 24, 31; April 7, 14, 21, 28

Job Searching ...

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

Tuesdays, 1:00 p.m.

March 4, 11, 18, 25; April 1, 8, 15, 22, 29

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.

March 5, 12, 19, 26; April 2, 9, 16, 23, 30

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.

March 6, 13, 20, 27; April 3, 10, 17, 24

Career Success & Financial Management ...

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

Fridays, 11:00 a.m.

March 7, 14, 21, 28; April 4, 11, 25

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.

March 4, 5, 11, 12, 18, 19, 25, 26; April 1, 2, 8, 9, 15, 16, 22, 23, 29, 30

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

March 4, 6, 11, 13, 18, 20, 25, 27—**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

April 1, 3, 8, 10, 15, 17, 22, 24—**In Person**

Office Skills Training Program for Women

Return to the Workforce with Confidence!

The **Summer Office Skills (SOS)** 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 July 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!**

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

March 4, 6, 11, 13, 18, 20, 25, 27;

April 1, 3, 8, 10, 15, 17, 22, 24, 29

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.

Pregnancy & Infancy Summit

For Mothers-to-Be, Moms & Dads

Saturday, March 15th • 11am—2pm

Learn everything you need to know about your pregnancy

AND

the ABC's and 123's of caring for your infant or toddler



**Professional Photos—Giveaways—
Lunch—Childcare**

Featuring Keynote Speaker
Dr. Chris Canzoniero, *Wellness Pediatrics*

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, March __ & April ____, 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.

March 3, 10, 17, 24, 31; April 7, 14, 21, 28

Wednesdays, 11:00 a.m.

March 5, 12, 19, 26; April 2, 9, 16, 23, 30

Thursdays, 1:00 p.m.

March 6, 13, 20, 27; April 3, 10, 17, 24

Career Foundations—*In Person*

Tuesdays & Thursdays, 10:00 a.m.—noon

March Session One

March 4, 6, 11, 13

March Session Two

March 18, 20, 25, 27

April Session One

April 1, 3, 8, 10

April Session Two

April 15, 17, 22, 24

Foundations for Personal Success—*In Person*

Tuesdays & Thursdays, 1:00—3:00 p.m.

March Session One

March 4, 6, 11, 13

March Session Two

March 18, 20, 25, 27

April Session One

April 1, 3, 8, 10

April Session Two

April 15, 17, 22, 24

Open Lab & Campus 2 Campus—

Via Zoom or in person

Tuesdays & Wednesdays,

10:00 a.m.—noon

March 4, 5, 11, 12, 18, 19, 25, 26;

April 1, 2, 8, 9, 15, 16, 22, 23, 29, 30

Or by appointment

Computer Classes

Microsoft PowerPoint & Outlook—*In Person*

Tuesdays & Thursdays, 10:00 a.m.—Noon

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

Microsoft Word—*In Person*

Tuesdays & Thursdays, 10:00 a.m.—Noon

April 1, 3, 8, 10, 15, 17, 22, 24

Resumes & Cover Letters

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

March 3, 10, 17, 24, 31; April 7, 14, 21, 28

Job Searching

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

March 4, 11, 18, 25; April 1, 8, 15, 22, 29

Job Club/Workforce Wednesday—

In Person or Zoom

Wednesdays, 1:00 p.m.

March 5, 12, 19, 26; April 2, 9, 16, 23, 30

Networking & Social Media

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

March 6, 13, 20, 27; April 3, 10, 17, 24

Career Success & Financial Management

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

March 7, 14, 21, 28; April 4, 11, 25

Testing

CASAS, Work Readiness, Accuplacer

Fridays, 9:30 a.m.—12:30 p.m.

March 7, 14, 21, 28; April 4, 11, 25

New Jersey Youth Corps

Monday—Friday, 10:00 a.m.—4:30 p.m.

Register now for the next session!

Bridges

Tuesdays & Thursdays, 10:00 a.m.—noon

March 4, 6, 11, 13, 18, 20, 25, 27;

April 1, 3, 8, 10, 15, 17, 22, 24, 29

Higher Opportunities for Women

Tuesdays & Thursdays, through June 5,

9:30am—3pm

Contact Your Case Manager to Apply for the

Summer Office Skills program!

Career & Job Fair

April 16, 10:00 a.m.—2:00 p.m.

Mommy Parties

Project Self-Sufficiency, noon

Wednesdays, March 12 & April 9

Hackettstown, noon

Tuesdays, March 18 & April 29

Legal Seminars—*Via Zoom*

Thursdays,

Family Law,

March 13 & April 10, 7:00 p.m.

Expungement,

April 3, 7:00 p.m.

Adverse Childhood Experiences

Understanding ACEs—Via Zoom

Wednesday, 2:00 p.m.

March 26

Connections Matter

English—*Via Zoom*

Tuesday, April 15, 2:00 p.m.

Español—*a través de Zoom*

Miercoles, 16 de Abril, 2:00 p.m.

Enough Abuse Workshop—*Via Zoom*

Wednesday, 3:00 p.m.

March 26 & April 23

Pregnancy & Infancy Summit

March 15, 11:00 a.m.—2:00 p.m.

Baby Beginnings:

Babies, Bunnies, & Bumps

April 17, 6:00 p.m.

Sister-to-Sister Prom Shop

April 1, 2, 3, 3:00—7:00 p.m.

April 4, 3:00—6:00 p.m.

April 5, 9:00 a.m.—1:00 p.m.

Project Sussex Kids

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

Steering Committee Meeting & PACES

Stakeholder Group Meeting

Thursday, March 20, 11:00 a.m.

Triple P Parenting Program

Workshops—In Person

Power of Positive Parenting

March 4, 5:00 p.m.

Raising Resilient Children

March 11, 5:00 p.m.

Raising Confident, Competent Children

March 18, 5:00 p.m.

Developing Good Bedtime Routines

April 8, 5:00 p.m.

Hassle-Free Mealtimes with Children

April 15, 5:00 p.m.

Managing Fighting & Aggression

April 22, 5:00 p.m.

Dealing with Disobedience

April 29, 5:00 p.m.

Group Positive Parenting Class

March 13, 20, 27, April 3, 5:00 p.m.

Family Success Center

Motivation Monday—Via Zoom

Mondays, 2:00 p.m.

March 3, 10, 17, 24, 31; April 7, 14, 21, 28

Women's Support Group—Via Zoom

Monday, 7:00 p.m.

March 10, 24; April 14, 28

Parents' Support Group—Via Zoom

Wednesdays, 7:00 p.m.

March 12, 26; April 9, 30

Breast Cancer Support Group—Via Zoom

Tuesdays, 2:00 p.m.

March 11 & April 8

Father's Support Group—In Person

Tuesdays, 6:00 p.m.

March 4, 11, 18, 25; April 1, 8, 15, 22, 29

Ages & Stages Information Session—Via Zoom

Thursdays, 3:00 p.m.

March 20 & April 24

Health Equity Presentation—Via Zoom

Thursdays, 3:00 p.m.

March 13 & April 17

Parent Advisory Council Meeting—In Person & Via Zoom

Tuesday, 5:00 p.m.

March 11 & April 8

Family Nights at Little Sprouts

Tuesdays, 6:00 p.m.

March 26 & April 16

Project Self-Sufficiency Events, March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 NYJC, 10am—4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm	4 Journey, Hackettstown, 9:30am—3:30pm HOW, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon NYJC, 10am—4:30pm Open Lab/C2C, 10am—noon PowerPoint & Outlook, 10am—noon Home Visitation & Early Childhood Joint Advisory Board Meeting, 11am, PSS Job Searching, 1pm Foundations, 1—3pm Power of Positive Parenting, 5pm Fathers' Support Group, 6pm	5 Journey, Hopatcong, 10am—2pm NYJC, 10am—4:30pm Links for Success, 11am Job Club/Workforce Wednesday, 1pm Open Lab/C2C, 10am—noon Home Visitation & Early Childhood Joint Advisory Board Meeting, 11am, Phillipsburg Housing Authority	6 Journey, Franklin, 10am—2pm HOW, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon NYJC, 10am—4:30pm PowerPoint & Outlook, 10am—noon Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm	7 Testing, 9:30am—12:30pm NYJC, 10am—4:30pm Financial Management, 11am	8
9	10 NYJC, 10am—4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm Women's Support Group, 7pm	11 Journey, Netcong, 10am—2pm HOW, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon NYJC, 10am—4:30pm Open Lab/C2C, 10am—noon PowerPoint & Outlook, 10am—noon Job Searching, 1pm Foundations, 1—3pm Breast Cancer Support Group, 2pm Raising Resilient Children, 5pm Journey FSC Parent Advisory Council, 5pm Fathers' Support Group, 6pm	12 Journey, Vernon, 10am—2pm NYJC, 10am—4:30pm Open Lab/C2C, 10am—noon Links for Success, 11am Mommy Party, noon, <i>Project Self-Sufficiency</i> Job Club/Workforce Wednesday, 1pm Parents' Support Group, 7pm	13 HOW, 9:30am—3pm NYJC, 10am—4:30pm Bridges, 10am—noon Career Foundations, 10am—noon PowerPoint & Outlook, 10am—noon Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm Health Equity, 3pm Group Positive Parenting Class, 5pm Family Law, 7pm	14 Testing, 9:30am—12:30pm NYJC, 10am—4:30pm Financial Management, 11am	15 Pregnancy & Infancy Summit, 11am—2pm
16	17 NYJC, 10am—4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm	18 Journey, Hackettstown, 9:30am—3:30pm HOW, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon Open Lab/C2C, 10am—noon NYJC, 10am—4:30pm PowerPoint & Outlook, 10am—noon Mommy Party, noon, <i>Hackettstown</i> Job Searching, 1pm Foundations, 1—3pm Raising Confident, Competent Children, 5pm Fathers' Support Group, 6pm	19 Journey, Hopatcong, 10am—2pm NYJC, 10am—4:30pm Open Lab/C2C, 10am—noon Links for Success, 11am Job Club/Workforce Wednesday, 1pm	20 Journey, Franklin, 10am—2pm HOW, 9:30am—3pm NYJC, 10am—4:30pm Bridges, 10am—noon Career Foundations, 10am—noon PowerPoint & Outlook, 10am—noon Stakeholder Group Meeting, 11am Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm Ages & Stages, 3pm Group Positive Parenting Class, 5pm	21 Testing, 9:30am—12:30pm NYJC, 10am—4:30pm Financial Management, 11am	22
23/30	24/31 NYJC, 10am—4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm Women's Support Group, 7pm (<i>March 24th only</i>)	25 Journey, Netcong, 10am—2pm HOW, 9:30am—3pm Bridges, 10am—noon Career Foundations, 10am—noon Open Lab/C2C, 10am—noon NYJC, 10am—4:30pm PowerPoint & Outlook, 10am—noon Job Searching, 1pm Foundations, 1—3pm Fathers' Support Group, 6pm	26 Journey, Vernon, 10am—2pm NYJC, 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	27 HOW, 9:30am—3pm NYJC, 10am—4:30pm Bridges, 10am—noon Career Foundations, 10am—noon PowerPoint & Outlook, 10am—noon Links for Success, 1pm Networking & Social Media, 1pm Foundations, 1—3pm Group Positive Parenting Class, 5pm	28 Testing, 9:30am—12:30pm NYJC, 10am—4:30pm Baby Beginnings, 10am—noon Financial Management, 11am	29

Project Self-Sufficiency Events, April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Journey, Hacktettstown, 9:30am—3:30pm HOW, 9:30am—3pm 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 Fathers' Support Group, 6pm	2 Journey, Hopatcong, 10am—2pm NJYC, 10am—4:30pm Links for Success, 11am Job Club/Workforce Wednesday, 1pm Open Lab/C2C, 10am—noon	3 Journey, Franklin, 10am—2pm HOW, 9:30am—3pm 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 Expungement, 7pm	4 Testing, 9:30am—12:30pm NJYC, 10am—4:30pm Financial Management, 11am	5
6	7 NJYC, 10am—4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm	8 Journey, Netcong, 10am—2pm HOW, 9:30am—3pm 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 Breast Cancer Support Group, 2pm Bedtime Routines, 5pm Journey FSC Parent Advisory Council, 5pm Fathers' Support Group, 6pm	9 Journey, Vernon, 10am—2pm NJYC, 10am—4:30pm Links for Success, 11am Mommy Party, noon, <i>Project Self-Sufficiency</i> Job Club/Workforce Wednesday, 1pm Open Lab/C2C, 10am—noon Parents' Support Group, 7pm	10 HOW, 9:30am—3pm 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 Family Law, 7pm	11 Testing, 9:30am—12:30pm NJYC, 10am—4:30pm Financial Management, 11am	12
13	14 NJYC, 10am—4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm Women's Support Group, 7pm	15 Journey, Hacktettstown, 9:30am—3:30pm HOW, 9:30am—3pm 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 Connections Matter, 2pm, <i>English</i> Hassle-Free Mealtimes, 5pm Fathers' Support Group, 6pm	16 CAREER FAIR, 10am—2pm Journey, Hopatcong, 10am—2pm NJYC, 10am—4:30pm Links for Success, 11am Job Club/Workforce Wednesday, 1pm Open Lab/C2C, 10am—noon Connections Matter, 2pm, <i>Spanish</i>	17 Journey, Franklin, 10am—2pm HOW, 9:30am—3pm 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 Baby Beginnings: Babies, Bunnies & Bumps, 6pm	18 AGENCY CLOSED	19
20	21 NJYC, 10am—4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm	22 Journey, Netcong, 10am—2pm HOW, 9:30am—3pm 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 Managing Fighting & Aggression, 5pm Fathers' Support Group, 6pm	23 Journey, Vernon, 10am—2pm NJYC, 10am—4:30pm Links for Success, 11am Job Club/Workforce Wednesday, 1pm Open Lab/C2C, 10am—noon Enough Abuse, 3pm	24 HOW, 9:30am—3pm 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	25 Testing, 9:30am—12:30pm NJYC, 10am—4:30pm Financial Management, 11am	26
27	28 NJYC, 10am—4:30pm Links for Success, noon Resumes & Cover Letters, 1pm Motivation Monday, 2pm Women's Support Group, 7pm	29 Journey, Hacktettstown, 9:30am—3:30pm HOW, 9:30am—3pm Bridges, 10am—noon Open Lab/C2C, 10am—noon NJYC, 10am—4:30pm Mommy Party, noon, <i>Hacktettstown</i> Job Searching, 1pm Dealing with Disobedience, 5pm Fathers' Support Group, 6pm	30 Journey, Hopatcong, 10am—2pm NJYC, 10am—4:30pm Links for Success, 11am Job Club/Workforce Wednesday, 1pm Open Lab/C2C, 10am—noon Parents' Support Group, 7pm			

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