

Journey Family Success Center @ Project Self-Sufficiency—127 Mill Street, Newton, NJ 07860—973-940-3500

## Community Events

### Thanksgiving

More than 500 families received complete Thanksgiving feasts—including a frozen turkey, side dishes, and homemade pies—thanks to generous community donations and some very hard-working Family Success Center staff and volunteers.



### Holiday Party

Santa stopped by the Family Success Center to bring some holiday cheer to parents and children.



### Season of Hope Holiday Toy Shop

Thousands of infants, children, and teens received new, unwrapped toys and gifts through the Season of Hope Holiday Toy Shop. Schools, businesses, individuals, civic organizations, churches, and children gathered items for families in need. All toys were distributed at a festive, two-day event in December.



## Services for Families

### Support Groups

#### Women's Support Group

Women are invited to share experiences and get tips on time management and meeting everyday challenges.

#### Parent Support Group

Parents gain insights, address frustrations, and share success stories.

#### Father's Support Group

Dads meet to discuss challenges and coping strategies with others.

#### Breast Cancer Support Group

Breast cancer survivors share their stories, discuss coping strategies, and obtain valuable information in a supportive setting.

### Career Help

#### Workforce Wednesday

Family Success Center staff leads participants through resume-writing, interview skills, job preparation, and more.

### Health & Wellness

#### Motivation Monday

Guest speakers address stress reduction, mindfulness, and managing complex emotions.

#### Health Equity

Participants discuss disparities in healthcare and learn how to advocate for themselves and their families.

#### Child Sexual Assault Prevention

Participants learn to recognize and prevent child sexual abuse and discuss safe practices for potential victims.

### Child Development Tools & Tips

#### Ages & Stages Information Session

Parents discuss developmental milestones for young children and learn how to access the online Ages & Stages Questionnaire to connect with resources for support.

### Family Fun Nights

Families gather at the Little Sprouts Early Learning Center each month to enjoy dinner, games, fun activities, music, and crafts.



**Career Development**

**Employment Skills Training Program for Women**

Women learn computer skills and receive assistance with resume development, workplace etiquette, and interview skills during the Higher Opportunities for Women and Summer Office Skills employment skills training programs.

**High School Equivalency Program**

Young adults, ages 16—25, are working towards their high school diploma through the New Jersey Youth Corps at Project Self-Sufficiency. Classroom instruction is supplemented by community service projects. Students earn three college credits at the neighboring community college. Graduates move on to college, a career, or the military.

**Bridges to Employing Youth**

Pregnant and parenting young adults, ages 16—24, get help with parenting skills, academic and counseling support, driver’s education, and training and certification in a variety of fields. Transportation and childcare are also available.

**Computer Classes & Career Seminars**

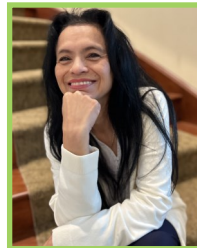
Family Success Center participants learn Microsoft Office applications, and attend seminars designed to enhance their employability and assist them with navigating the workplace.

**Legal Advice & Education**

Volunteer attorneys advise individuals in need via video chat and telephone. Virtual seminars about family law, bankruptcy, elder law, and landlord-tenant issues are held regularly.

**Connections Matter & Understanding ACEs**

Families and educators meet to discuss the prevention of trauma and adverse childhood experiences while learning how caring connections can serve as a primary buffer in the negative effects of trauma. The interactive workshops cover intensive ACEs education and address its impact physical and neurological development. Participants walk away with tips and strategies for building resiliency. Presentations are offered virtually and in-person; separate workshops are available in English and in Spanish.



**Mobile Services Available**

PSS Journey visits municipalities in Sussex, Northern Morris, and Northern Warren Counties on a rotating basis and makes pop-up appearances at local attractions. Those in need are invited to check out the free food, internet access, computer classes, and other resources available on board.

**Help for Parents**

**Home Visits Help Parents of Young Children**

Women who are pregnant or parenting a young child receive regular consultations from a family support worker at home or in a public place through one of the three home visitation programs offered by the Family Success Center. The visiting professionals provide support, education and counseling on health, behavioral, and self-sufficiency issues.

**“Mommy Parties”**

Pregnant women and mothers of young children come together to share an activity, receive valuable tips about parenting, household safety, or health and wellness at in-person gatherings on the campus or at a nearby venue.



**Parenting Workshops & Discussion Groups**

Workshops and discussion groups aimed at parents, caregivers, and educators help boost self-confidence, reduce stress, and teach anger management. Courses are available on site and online.

**Baby Beginnings!**

Pregnant women and mothers of newborns are invited to access the resources they need for success, including helpful tips about parenting, child development, safe sleeping, and more. Guest speakers and prizes enhance the popular monthly events.



**Coming Soon ...**

- ⇒ Valentine’s Day Party
- ⇒ Sister-to-Sister Prom Shop
- ⇒ Spring Fling
- ⇒ Career Fair
- ⇒ Family Health Expo
- ⇒ Mother’s Day & Father’s Day Events
- ⇒ Breast Cancer Survivor Celebration

