Many Families. One Community.

Project Self-Sufficiency

SUSSEX COUNTY FAMILY SUCCESS CENTER

The Sussex County Family Success Center is pleased to offer new VIRTUAL SERVICES to help families through these tough times.

Mondays @ 2:00 PM
7/6, 7/13, 7/20, 7/27

Monday Motivation:
Struggling with loneliness, stress, and anxiety? With therapist, author and life coach Diane Lang, explore topics to help you stay positive and manage the complex emotions of this difficult time.

Mondays @ 7:00 PM
7/6, 7/13, 7/20, 7/27

Women’s Support Group:
Are you looking for other women to form a support system? Want to share your experiences with others and get tips on coping? This support group is for you!

Wednesdays @ 1:00 PM
7/1, 7/8, 7/15, 7/22, 7/29

Workforce Wednesday:
Are you looking for a job? Laid off because of the health crisis? The PSS Career Center staff is here to help with your job search, resume and cover letter, interview skills, workplace etiquette & more.

Thursdays @ 11:00 AM
7/2, 7/9, 7/16, 7/23, 7/30

DASI:
Presenters from DASI will teach you how to recognize the warning signs of domestic and sexual violence, and how to build healthy, safe relationships.

Thursdays @ 3:00 PM
7/2, 7/9, 7/16, 7/23, 7/30

Relational Parenting:
Family therapist Kris Imbrie will teach “Relational Parenting” skills to build trust and foster healthy communication and cooperation with your kids.

Sessions take place on zoom video-conferencing.

Call (973) 940-3500 for login links!

Family Success Center services are offered by Project Self-Sufficiency with support from the NJ Department of Children & Families.