WHILE YOU WERE OUT

Although our services have looked a little different recently, Project Self-Sufficiency has been hustling to meet the needs of the community since the onset of the Covid-19 pandemic in the early spring. Here is a glimpse of what has been going on ... 

The Food Project, Nourishing our Neighbors, was launched to provide meals and bags of groceries to those in need.

The Sussex County Family Success Center at Project Self-Sufficiency has hosted a series of regularly-scheduled virtual gatherings.

- Motivation Mondays with Diane Lang;
- Women’s Support Group;
- Workforce Wednesday;
- Thumbs Up Thursday with DASI.

Additional workshops included Family Activities, Men’s Support Group, and a Parenting Workshop featuring expert Kris Imbrie.

Home Visitation participants have been invited to participate in weekly virtual Lunch, Learn & Play sessions with their children. Separate English and Spanish sessions are available.

Virtual gatherings via Zoom will continue to take place throughout the fall. Contact the office for log-in information.

We Miss You & Hope to See You Again Soon!

New Jersey Youth Corps Underway

The New Jersey Youth Corps high school equivalency and employment skills training program for Sussex & Warren County high school drop-outs, ages 16—25, ran throughout the spring and continues to operate at full steam. Need a diploma or know someone who does? Check it out!

Introducing The Food Project

Thanks to funding from the Ellman Discovery Foundation & the Post Foundation, Project Self-Sufficiency now owns a refrigerated van designed to facilitate the donation and distribution of high quality food to those in need. Need food? Visit the agency, Monday—Friday, 9:00am—3:00pm to get help for yourself and your family.

Office Skills Training Program for Women

Higher Opportunities for Women Starts September 28th

Boost your confidence, brush up on your computer skills and get helpful tips about resume-writing, interviewing and more! Program will be a hybrid of in-person and virtual instruction.

Virtual Career Fair in October ... Don’t miss the first ever VIRTUAL Fall Career & Employment Fair offered by Project Self-Sufficiency, Wednesday, October 21st. See inside for details!
Jump start your job search at the Fall Career & Job Fair at Project Self-Sufficiency! Hear about employment opportunities from area employers; send in applications and resumes directly to those who are in charge of hiring!

A special Career Fair Preparation Seminar will be offered by Project Self-Sufficiency staff via Zoom the day before.

**Career Fair Prep Seminar,**  
**Wednesday, October 14th, 1:00 p.m.**  
**Career Fair, Wednesday, October 21st**

**Need a High School Diploma?**

Get a High School Diploma, On-the-job Training, Paid Community Service

The New Jersey Youth Corps of Sussex County operated by Project Self-Sufficiency offers young adults, ages 16—25, in Sussex and Northern Warren Counties who have not graduated from high school:

- Skills Assessment  
- Academic Instruction  
- Vocational Training  
- Resume Development  
- Interview Skills Coaching  
- Job Placement Assistance  
- Personal and Career Counseling  
- High School Equivalency Testing  
- Life Skills and Employability Training  
- Workplace Experience through Community Service  
- Transition Services to College, Career or the Military

The next session starts this fall!

**Free Workplace Training Program for Women**

Higher Opportunities for Women

Mondays & Wednesdays, 9:30—11am, via Zoom  
Tuesdays & Thursdays, 9:30am—3pm, in the Career Center  
Starting September 28, 2020

Rejuvenate your skills with the 16-week Higher Opportunities for Women (HOW) employment skills training program! This session will combine in-person and remote instruction to ensure the health and safety of participants and instructors.

- Microsoft Office Computer Training  
- Basic Computer Skills: Microsoft Word, Excel, PowerPoint & Outlook  
- Employability Skills: Resume & Cover Letter; Job Search Techniques; Interview Skills

Now that I have graduated from the HOW program, and taken advantage of other opportunities at Project Self-Sufficiency, I feel like I am a brand new person and this is thanks to Project Self-Sufficiency. Now, I can say with confidence, I am MORE than enough. I am worth it.  
**Jessica, HOW Graduate**

Pregnant and parenting Morris County young adults, ages 16—24, are invited to enroll in Project Self-Sufficiency’s newest endeavor, Bridges to Employing Youth! Get help with educational and employment goals, receive counseling and more. Assistance with transportation provided to eligible students.

**Virtual Help is Available all Week Long**

Get the Support You Need

Project Self-Sufficiency is offering a variety of online programming to help individuals and families through these tough times.

**Motivation Monday with Therapist Diane Lang**

Learn how to stay positive, get help with anxiety, stress, loneliness, self-esteem, and other topics.

**Thumbs Up Thursday with DASI**

Address relationships, dating, intimacy, domestic violence, gender stereotypes, and more.

**Women’s Support Group**

Share your experiences with other women like you, and get tips on coping, time management, everyday challenges, and more!

**Workforce Wednesday**

Learn how to build a resume, discuss interview skills, on-the-job issues, and workplace topics with Career Center staff.

All Meetings Take Place on Zoom. Call PSS for Log In Information.
Home Visitation Services, Central Intake & More

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 home visitor via online video platforms, phone or in a safe, socially distant setting 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 or 844-807-3500.

Meet other women like you! Our regularly-scheduled Mommy Parties have gone virtual! Get the latest information about household safety, parenting, health and wellness, and other topics. Enjoy fun activities and crafts with your child.

**Wednesdays**, English, 11am Spanish, 12pm

Join the Fun!

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.

For those who are pregnant or parenting an infant or toddler. Using the nationally acclaimed Parents as Teachers™ curriculum. Serving Sussex and Hunterdon Counties.

My nurse comes out and helps me. She gives me information about housing, jobs, and social services, and she helps me with things like diapers, formula, and WIC. Project Self-Sufficiency has been a blessing. The Nurse Family Partnership program is an investment in our future.

Celina, Nurse Family Partnership Client at Project Self-Sufficiency

Project Family Connect/Central Intake

The service is provided by Project Self-Sufficiency through a grant from the New Jersey Department of Health, linking individuals to medical, educational and social services which can enhance their overall health and quality of life. Since the program’s inception in July, 2015, the agency has received thousands of requests for assistance, and placed even more calls for referrals to service on behalf of those in need. Local residents who need assistance are invited to call Project Self-Sufficiency, 973-940-3500, for help with questions regarding health care, education, housing, utilities and other needs.

**Virtual 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.

**Wednesdays**, English, 11am Spanish, 12pm

Join the Fun!

Get free health information, resources, help with insurance enrollment and more!

**Project Sussex Kids**

**Sussex County Council for Young Children**

**Project Sussex Kids General Council Meeting**

“Managing Holiday Stress”

Get tips from author, motivational speaker and therapist Diane Lang about stress management during the holidays at the Project Sussex Kids General Council meeting. Gathering will take place via Zoom. Contact Project Self-Sufficiency for log-in information.

**October 14, 9:00 a.m.**

**Health UP!**

Take charge of your family’s health with Health Up! Just text PSS to 474747!

Get free health information, resources, help with insurance enrollment and more!
Get Ready for Thanksgiving
Does Your Family Need Help at Thanksgiving?

Virtual Programming all Week Long!

Motivation Monday with Therapist Diane Lang
Learn how to stay positive during this crisis, get help with anxiety, stress, loneliness, self-esteem; explore other topics. September 14, 21, 28; October 5, 19, 26, 2:00 p.m.

Women’s Support Group
Share your experiences with other women; get tips on coping, time management, meeting everyday challenges; offer feedback to others in similar situations, and more! September 14, 21, 28; October 5, 19, 26, 7:00 p.m.

Workforce Wednesday with Career Center Staff
Learn how to build a resume; discuss interview skills; address on-the-job issues and workplace topics with Career Center staff. September 2, 9, 16, 23, 30; October 7, 14, 21, 28, 1:00 p.m.

Thumbs Up Thursday with DASI
Take an in-depth look at relationships, dating, intimacy, domestic violence, gender stereotypes, and more with the guidance of staff members from Domestic Abuse & Sexual Assault Intervention Services. September 3, 10, 17, 24; October 1, 8, 15, 22, 29, 11:00 a.m.

Virtual Halloween Party
Thursday, October 29th 4:00 p.m.

Join us for a Virtual AND Drive-By Halloween Spooktacular! Your ghouls and goblins are invited to wear their costumes—treats, fun surprises and more.

Thanks to our very generous community, Project Self-Sufficiency participants can receive a frozen turkey and all of the fixings for a complete Thanksgiving feast. Supplies are dependent upon donations and can be limited; contact your Case Manager or Home Visitor to register.

The Season of Hope Toy Shop
Families in Need Can Get Help with the Holidays
The Season of Hope Toy Shop will look very different this year. Gifts and toys will still be available for infants, toddlers, children and teens. However, due to ongoing public health concerns, social distancing will be in place. The Season of Hope Toy Shop is open to current, active Project Self-Sufficiency participants as well as members of the public. Families which used the toy shop last year were mailed a registration form. To register, mail in the completed registration form or call Project Self-Sufficiency at 973-940-3500. Members of the public who wish to use the Season of Hope Toy Shop must register in advance by calling the agency. More details about the toy selection experience will be forthcoming.
What’s Happening at the Career Center?

**Weekly Career Seminars**
Our weekly career seminars can now be accessed online!
Contact Project Self-Sufficiency for log-in information.

**Resume & Cover Letter** ... Get help reviewing your work history and community activities to craft an effective resume. Learn how to write a cover letter that sells your skills to prospective employers.
**Mondays, 1:00 p.m.**
September 14, 21, 28; October 5, 19, 26

**Interview Skills & Job Search** ... Work on your interviewing skills with our Career Center staff! Get feedback about body language, conversation style, appropriate questions to ask in an interview, learn how to conduct a productive job search using a variety of resources. and more!
**Tuesdays, 10:00 a.m.**
September 1, 8, 15, 22, 29; October 6, 13, 20, 27

**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.
**Wednesdays, 1:00 p.m.**
September 2, 9, 16, 23, 30; October 7, 17, 21, 28

**Networking & Social Media** ... Learn now to maximize your job search by creating a Linked In profile, managing your professional identity on social media, and building a professional network.
**Thursdays, 10:00 a.m.**
September 3, 10, 17, 24; October 1, 8, 18, 22, 29

**Financial Management Seminar** ... Learn how to create a budget and stick to it! Discuss smart strategies for grocery shopping, stretching your monthly income, finding ways to save, and more.
**Fridays, 11:00 a.m.**
September 4, 11, 18, 25; October 2, 9, 19, 23, 30

*Individual appointments available following each seminar*

**Open Employment Lab & Computer Skills** ... Meet with Career Center staff to work on individual careering needs and get help with your computer skills.
**September—via Zoom**
Mondays & Wednesdays, 11:30 a.m.—1:30 p.m.
September 2, 9, 14, 16, 21, 23, 28, 30

**October—in the Career Center**
Wednesdays, 11:30 a.m.—1:30 p.m.
October 5, 7, 17, 19, 21, 26, 28

Take your job search to the next level with the first VIRTUAL Career Fair at Project Self-Sufficiency! Hear about employment opportunities from area employers; send in applications and resumes directly to those who are in charge of hiring.
A special Career Fair Preparation Seminar will be offered by Project Self-Sufficiency staff via Zoom the week before. Contact Project Self-Sufficiency for log-in information.
**Career Fair Prep Seminar, Wednesday, October 14th, 1:00 p.m.**
**Career Fair, Wednesday, October 21st**

**Free Workplace Training Program for Women**
Higher Opportunities for Women
Starts September 28th!
Receive computer training, help with workplace etiquette, resume and cover letter development, interview skills and on-the-job experience. FREE to eligible women.
**Virtual Employability Skills Workshops via Zoom**
Mondays & Wednesdays, 9:30—11:00 a.m.
**In-Person Computer Classes in the Career Center**
Tuesdays & Thursdays, 9:30 a.m.—3:00 p.m.
Free Legal Assistance & Education
Private Phone Consultations with an Attorney

Need legal advice but don’t know where to turn? We’ve got you covered. Discuss housing, consumer issues, life-planning documents, family law, public entitlements, bankruptcy, expungement, elder law, and more.

Day & evening phone consultations available.

Bridges to Employing Youth
Help for Morris County Residents
Pregnant or Parenting Young Adults, Ages 16—24

High School Equivalency Instruction
Employability Skills Training
Community Service
Work Experience
Academic & Counseling Support
Transportation Assistance

Monday—Friday, 10:00 a.m.—4:00 p.m.

Childcare & Preschool at Little Sprouts
Join Our Little Sprouts Family!

Looking for safe childcare or preschool for your child? Be sure to check out the Little Sprouts Early Learning Center! Fully-staffed, state-of-the-art facility, certified teachers in each classroom, two separate playgrounds, half-day and full-day programs available. Subsidized assistance available to eligible families. All safety protocols taken in accordance with the guidelines provided by the State of New Jersey. Free preschool for Newton, NJ, residents, ages 3 - 4; child must be 3 years old by October 1, 2020.

Call 973-940-3540 to arrange a tour!

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

Warren County Activities
Programs and Services 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.

Health Up Central Intake
Sussex-Warren Project Family Connect links residents to the help they need.

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, and gaining valuable insight from vocational training and community service opportunities.

Follow us on Instagram and Facebook!

Refer a student and be eligible for a $100 gift card!

Next session starts in the Fall!
Courses are free and available to active Project Self-Sufficiency participants. Individual appointments available following each seminar

**Weekly Career Seminars**
*Our weekly career seminars can now be accessed online! Contact Project Self-Sufficiency for log-in information.*

**Open Lab & Computer Skills**
*September—via Zoom*
Mondays & Wednesdays, 11:30 a.m.—1:30 p.m.
September 2, 9, 14, 16, 21, 23, 28, 30

*October—in the Career Center*
Mondays & Wednesdays, 11:30 a.m.—1:30 p.m.
October 5, 7, 17, 19, 21, 26, 28

**Resumes & Cover Letters—via Zoom**
Mondays, 1:00 p.m.
September 14, 21, 28; October 5, 19, 26

**Interviewing & Job Search—via Zoom**
Tuesdays, 10:00 a.m.
September 1, 8, 15, 22, 29; October 6, 13, 20, 27

**Job Club/Workforce Wednesday—via Zoom**
Wednesdays, 1:00 p.m.
September 2, 9, 16, 23, 30; October 7, 17, 21, 28

**Networking & Social Media—via Zoom**
Thursdays, 10:00 a.m.
September 3, 10, 17, 24; October 1, 8, 18, 22, 29

**Financial Management—via Zoom**
Fridays, 11:00 a.m.
September 4, 11, 18, 25; October 2, 9, 19, 23, 30

**New Jersey Youth Corps**
Monday—Friday, 10:00 a.m.—4:00 p.m.

**Bridges to Employing Youth**
*In Newton & Dover*
Monday—Friday, 10:00 a.m.—4:00 p.m.

**Higher Opportunities for Women**
*Begins September 28th*
*Virtual Employability Skills Workshops via Zoom*
Mondays & Wednesdays, 9:30—11:00 a.m.
*In-Person Computer Classes in the Career Center*
Tuesdays & Thursdays, 9:30 a.m.—3:00 p.m.

**Career Fair—Via Zoom**
Career Fair Prep Seminar, *Wednesday, October 14th, 1:00 p.m.*
Career Fair, *Wednesday, October 21st*

**Lunch, Learn & Play—via Zoom**
*Wednesdays, English, 11:00 a.m. & Spanish 12:00 p.m.*
September 2, 9, 16, 23, 30; October 7, 17, 21, 28

**Project Sussex Kids General Council Meeting—via Zoom**
Wednesday, October 14th, 9:00 a.m.

**Halloween Party**
*Virtual & Drive By*
Thursday, October 29th, 4:00 p.m.

**Legal Education**
*Legal Consultations*
Day and evening phone consultations available by appointment.

**Family Success Center—via Zoom**
*Motivation Monday with Therapist Diane Lang*
Mondays, September 14, 21, 28; October 5, 19, 26, 2:00 p.m.

*Women’s Support Group*
Mondays, September 14, 21, 28; October 5, 19, 26, 7:00 p.m.

*Workforce Wednesday with Career Center Staff*
Wednesdays, September 2, 9, 16, 23, 30; October 7, 14, 21, 28, 1:00 p.m.

*Thumbs Up Thursday with DASI*
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