

Project Self-Sufficiency NEWSLETTER

May—June 2021

127 Mill Street, Newton, NJ 07860 ★ 973-940-3500 ★ 844-807-3500 ★ pss@projectselfsufficiency.org
www.projectselfsufficiency.org

The Agency will be closed May 31, 2021.

Earn Your High School Diploma



Get on-the-job Training, Paid Community Service

Need a high school diploma or know someone who does? 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:

Starts July 6th!

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

Virtual Health Fair is Coming

Up-to-Date Info, Screenings & More

Get information about health-related resources available to individuals and families in our area at the Virtual Health Fair hosted by Project Self-Sufficiency. Held via Zoom; log-in links provided upon registration. Contact your Case Manager to register or for more information.

Get Off to a Healthy Start

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.** To learn more, call 973- 940-3500, or visit www.projectselfsufficiency.org.

Bridges to Employing Youth

Pregnant or parenting young adults, 16—24, can work towards educational and employment goals with the help of Career Center staff!

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

Free Workplace Training Program for Women Higher Opportunities for Women

**Mondays & Wednesdays,
10am—12pm & 1—3pm
Through July 29**

Rejuvenate your skills with the Higher Opportunities for Women (HOW) employment skills training program. Hybrid of virtual and in-person experiences.

Microsoft Office Computer Training

*Basic Computer Skills;
Microsoft Word, Excel, PowerPoint & Outlook
Employability Skills*

Resume & Cover Letter; Job Search Techniques; Interview Skills



Prom Shop Returns!

Free Prom Dresses Available

The Sister-to-Sister Prom Shop returns for one week in May! Teen girls are invited to **make an appointment** to choose a dress from our extensive collection of new and gently-used gowns.

- ◆ Items will be on display outdoors, weather permitting;
- ◆ Dressing rooms will be closed;
- ◆ Social distancing and masks will be required.

**Monday—Thursday,
May 3, 4, 5, 6,
4:00—7:00 p.m.
Saturday,
May 8,
10:00 a.m.—12:00 p.m.**

**Call 973-940-3500 to schedule
an appointment.**



What's New at Project Self-Sufficiency?



Virtual Community

Health Fair

Thursday, May 13th, 4pm

Visit www.projectselfsufficiency.org

Need a High School Diploma?

Be sure to check out the New Jersey Youth Corps at Project Self-Sufficiency. Designed for young adults, ages 16–25, who have not completed high school. Receive test preparation assistance, career guidance, free childcare, and transportation.

The 16-week program launches in July!

"The best thing about New Jersey Youth Corps are the bonds you make with the students and the staff. No matter what, you always have somebody in your corner. The staff helps you with your studies, but they also help you with things outside the classroom. They accept you no matter your race, your gender identity, or your background. They see who you are and they believe that everybody has potential and I love that. Having that moral support makes you feel like you can do anything."

Kaitlyn, New Jersey Youth Corps Graduate



Free Legal Advice & Education

Consultations ... Get FREE advice from an attorney about divorce, bankruptcy, landlord tenant issues and more over the phone! **By appointment only; call 973-940-3500.**



Virtual Seminars ... Learn about Family Law, Elder Law, Bankruptcy, Foreclosure, and other topics without leaving the comfort of your own home! Meetings take place via Zoom; call 973-940-3500 for log-in details.

Breast Cancer Support Group

Breast cancer survivors are invited to share their stories and gain support at a new, virtual Breast Cancer Survivor Support Group. Discuss coping strategies and gain insights in a supportive setting.

Tuesdays, May 11, June 8, 4:00 p.m.



Project Self-Sufficiency The Food Project & Journey *Opportunity on the Move*

We're Back & Better than Ever!

PSS Journey is now joined on the road by The Food Project, Nourishing our Neighbors! Look for the free computer help, food, diapers, and other assistance available in a community near you!

Netcong, 10am—12pm

May 4, 18; June 1, 15, 29

Franklin, 10am—12pm

May 6, 20; June 3, 17

Hopatcong, 1—3pm

May 4, 18; June 1, 15, 29

Sussex, 1—3pm

May 6, 20; June 3, 17

Vernon, 10am—12pm

May 5, 19; June 2, 16, 30



Follow Us on Facebook!

[Facebook.com/PSSJourney](https://www.facebook.com/PSSJourney)

Summer Youth Employment Program Returns

A limited number of positions will be available in the Summer Youth Employment Program during July and August. Eligible Sussex County teens, ages 15 – 17, will receive paid employability skills instruction and on-the-job training. Eligibility guidelines include family income, transportation status, current enrollment in high school, and other factors. Free transportation to and from Project Self-Sufficiency will be provided to participants; use of the transportation program, interviews, and references from high school staff members are required. Those who have previously participated in the Summer Youth Employment Program are ineligible. Space is limited; call 973-940-3500 for application information.

Monday—Thursday, July & August dates, TBD

Enough Abuse Workshops are Back—Via Zoom

Teens and adults are invited to learn about the prevention of child sexual assault at free training sessions 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. Learn to recognize and prevent child sexual abuse and increase awareness of safe practices for potential victims.

**Tuesdays,
May 18 & June 15,
3:00 p.m.**

**Our Kids.
Our Community.
Our Responsibility.**



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 family support worker 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.

Virtual Mommy Parties!

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. Join the Fun!

Wednesdays,
English, 11am, Spanish, 12pm

Project Sussex Kids

Sussex County Council for Young Children

Steering Committee Meeting

Thursday, May 20, 10:00 a.m.

PSS Sussex/Warren/Hunterdon Home Visitation and Early Childhood Joint Advisory Board Meeting,

Thursday, June 10, 10:00 a.m.

General Council Meeting

Tuesday, June 15, 10:00 a.m.

Applications accepted on our websites!

Visit www.projectsselfsufficiency.org or www.projectsussexkids.org for more information.



Parent Support Group with Therapist Diane Lang

Gain insights, share frustrations and discuss success stories with other parents like you with the help of therapist Diane Lang!

Wednesdays, 7:00 p.m. via Zoom.

Dealing with Disruptive Behaviors	May 5
What to Do When You're Having a Bad Day	May 12
How to Motivate Your Child	May 19
Supporting Your Child's Development, Part 1	May 26
Supporting Your Child's Development, Part 2	June 2
Managing Expectations: What Your Child Can't Do Yet	June 9
How to Encourage Literacy and Other Skills in Children	June 16
The Importance of Play	June 23
Establishing Routines	June 30



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.**



Just text **PSS** to **474747!**

Project Family Connect/Central Intake

Need Help with Utility Bills? Oil-Gas-Propane-Electricity

Although a New Jersey Executive Order is in place due to COVID-19 to protect households from utility shut-offs through June 30, 2021, households are still expected to pay their utility bills. You may be eligible for financial assistance for your utilities through the following programs: LIHEAP, USF, NJSHARES, PAGE, PAAD/Lifeline, and more. Contact your Case Manager or Home Visitor for more information or help applying. Local residents who need assistance with their utilities are invited to call Project Self-Sufficiency at (973) 940-3500 for help.

Get Connected!

Pregnant or parenting young children?

Stay up-to-date on PSS news through our social media designed just for you!



Nurse Family Partnership

Facebook: www.facebook.com/NurseFamilyPartnership

Instagram: [@nfp_at_pss](https://www.instagram.com/nfp_at_pss)

Health Up

Facebook: <https://www.facebook.com/HealthUpatPSS/>

Instagram: [@healthup_pss](https://www.instagram.com/healthup_pss)

Twitter: [@HealthUpatPSS](https://twitter.com/HealthUpatPSS)

Blog: <https://healthupatpss.blogspot.com/>

Project Sussex Kids

Facebook: www.facebook.com/ProjectSussexKids

Twitter: [@SussexKids](https://twitter.com/SussexKids)

Website: www.projectsussexkids.org

Blog: <http://projectsussexkids.blogspot.com/>

What's Happening at the Sussex County Family Success Center?

Helping all families find their path to success!
Visit www.sussexcountyfamilysuccesscenter.org
for more information.



We are Here for You!

Meet a Project Self-Sufficiency Participant!



Samantha

"When I got divorced I was concerned about not having a job while I was going to school. I enrolled in the Higher Opportunities for Women (HOW) program at the suggestion of my Case Manager.

The HOW program was very uplifting and motivating. The staff kept us refreshed, focused and excited. During the HOW program, you learn that you have everything you need to succeed. You just need help shining it up a bit. The HOW program refreshed my skills and gave me confidence. Ultimately, it made me feel employable and valuable, and it helped me to embrace the concept of having a purpose.

I work best in a service type of environment. I like helping people find joy and value in ordinary life. If you feel extraordinary in an ordinary life you can be happy. I got a job while the HOW program was still in session. Thanks to HOW, my resume was fantastic and I was prepared for interviews. I was recently promoted to a director's position. I believe that my success has everything to do with the emotional and clinical support I received with writing and presentation through the HOW program.

I have been a Project Self-Sufficiency client for two years now. I used to think that Project Self-Sufficiency was for women who were worse off than me. I didn't know that there was a place here for me, too. At Project Self-Sufficiency, they help everyone and there is no cap on the help they give. Everyone needs support and guidance. There are so many different services offered at Project Self-Sufficiency. It's so much more than just food or toys at Christmas. It's about helping families develop their lives. The network of support is incredible. PSS is always going to be with me."



Open to the public—Call
the agency for Log-in
Information

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.

Mondays, 2:00 p.m.

Positive Effects of Loving Yourself	May 3
Relationships—with Friends & Significant Others	May 10
Relationships—with Family & Relatives	May 17
How to Quiet Pressure from External Sources	May 24
Mind, Body & Soul Connection	June 7
Ruminating Thoughts	June 14
Stop Beating Yourself Up & Take Action	June 21
How do We Find Hope?	June 28

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!

May 3, 10, 17, 24; June 7, 14, 21, 28, 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.

Wednesdays, 1:00 p.m.

Resumes & Cover Letters	May 5, June 2
Virtual Job Searching & Interviews	May 12, June 9
Interviewing Skills	May 19, June 16
First Day on the Job	May 26, June 23
Creating a Linked In Account	June 30

Parenting Support Group with Therapist Diane Lang

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

May 5, 12, 19, 26; June 2, 9, 16, 23, 30, 7:00 p.m.

Ages & Stages Information Session

Discuss developmental milestones for your young child and learn how to access the online tool to connect with resources for support.

Thursdays, May 13 & 27, June 10 & 24, 3:00 p.m.

Health Equity

Discuss disparities in healthcare and learn how to advocate for yourself and your family.

Thursdays, May 6 & 20, June 3 & 17, 3:00 p.m.

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.

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, 1:00 p.m.

May 4, 11, 18, 25; June 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.

Wednesdays, 1:00 p.m.

May 5, 12, 19, 26; June 2, 9, 16, 23, 30

Networking & Social Media ... Learn how to 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.

May 6, 13, 20, 27; June 3, 10, 17, 24

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.

May 7, 14, 21, 28; June 4, 11, 18, 25

Individual appointments available following each seminar

Open Employment Lab & Computer Skills ... Meet with Career Center staff 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.

Tuesdays & Thursdays, 1:00—3:00 p.m.

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

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

Individual assistance is also available by appointment.



Mock Interviews by Appointment ... Meet with Career Center staff over Zoom to participate in a practice, virtual interview. By appointment only.

Computer Classes Return!

Microsoft PowerPoint & Outlook ... Learn how to manage email, set up online calendars, create custom slide shows, and sophisticated presentations.

Tuesdays & Thursdays, 1:00—3:00 p.m.

May 4, 6, 11, 13, 18, 20, 29, 25, 27

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, 1:00—3:00 p.m.

June 1, 3, 8, 19, 15, 17, 22, 24

Virtual Career Fair Available on You Tube

Did you miss the Spring Career Fair? Check it out on our You Tube channel!

Hear about employment opportunities and get contact information from employers looking to hire right now by watching the Virtual Career Fair hosted by Project Self-Sufficiency. https://youtu.be/gJTC9mlQ4_o



Office Skills Training Program for Women Enrolling Now!

The Higher Opportunities for Women (HOW) Program combines intensive computer skills training with classroom instruction and has been reconfigured for a hybrid of in-person and virtual experiences. Women who have been out of the work force or underemployed are prepared to seek entry-level office administrative positions.



SCCC In-Person Open House—May 15th, 12:00—3:00 p.m.; Rain Date, May 16th

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 consultation 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 Sussex County Family Success Center.

Bridges to Employing Youth

Help for Pregnant or Parenting Young Adults, Ages 16–24

PSS has launched a new program! Bridges to Employing Youth assists pregnant and/or parenting moms and dads, aged 16-24, with job training, meeting educational goals, case management, and support. With funding from the NJ Department of Labor, young moms and dads can take the next steps toward a career! **Si, hablamos español.** **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.

Take a virtual tour on our website and be sure to **check out our new YouTube channel!**

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 July 6th!



Seminars open to active Project Self-Sufficiency participants only.

What's Happening at Project Self-Sufficiency

Courses and activities are free and available to active Project Self-Sufficiency participants.

Contact Project Self-Sufficiency for log-in information.

Open Lab & Computer Skills

Tuesdays & Thursdays, 1:00—3:00 p.m.

Or by appointment

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

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



Computer Classes—Via Zoom

PowerPoint & Outlook

Tuesdays & Thursdays, 1:00—3:00 p.m.

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

Microsoft Word

Tuesdays & Thursdays, 1:00—3:00 p.m.

June 1, 3, 8, 19, 15, 17, 22, 24

Interviewing & Job Search—Via Zoom

Tuesdays, 1:00 p.m.

May 4, 11, 18, 25; June 1, 8, 15, 22, 29

Job Club/Workforce Wednesday—Via Zoom

Wednesdays, 1:00 p.m.

May 5, 12, 19, 26; June 2, 9, 16, 23, 30

Networking & Social Media—Via Zoom

Thursdays, 1:00 p.m.

May 6, 13, 20, 27; June 3, 10, 17, 24

Financial Management—Via Zoom

Fridays, 11:00 a.m.

May 7, 14, 21, 28; June 4, 11, 18, 25

New Jersey Youth Corps

Monday—Friday, 10:00 a.m.—4:30 p.m.

Bridges to Employing Youth

Monday—Friday, 10:00 a.m.—4:00 p.m.

Higher Opportunities for Women

Mondays & Wednesdays, running through **July 29**

10am—12pm & 1—3pm

Lunch, Learn & Play—Via Zoom

Wednesdays,

English, 11:00 a.m. & Spanish 12:00 p.m.

May 5, 12, 19, 26; June 2, 9, 16, 23, 30

Looking Ahead

- ⇒ **New Jersey Youth Corps, July**
- ⇒ **Summer Youth Employment Program, July & August**

Family Success Center—Via Zoom

Motivation Monday with Therapist Diane Lang

Mondays,

May 3, 10, 17, 24; June 7, 14, 21, 28, 2:00 p.m.

Women's Support Group

Mondays,

May 3, 10, 17, 24; June 7, 14, 21, 28, 7:00 p.m.

Workforce Wednesday with Career Center Staff

Wednesdays,

May 5, 12, 19, 26; June 2, 9, 16, 23, 30, 1:00 p.m.

Parent Support Group with Diane Lang

Wednesdays,

May 5, 12, 19, 26; June 2, 9, 16, 23, 30, 7:00 p.m.

Ages & Stages Information Session

Thursdays,

Thursdays, May 13 & 27, June 10 & 24, 3:00 p.m.

Health Equity Presentation

Thursdays,

Thursdays, May 6 & 20, June 3 & 17, 3:00 p.m.

Legal Education

Legal Consultations

Day and evening phone consultations available by appointment.

Legal Seminars—Via Zoom

Wednesdays, 6:00 p.m.

⇒ **Family Law, May 11th**

⇒ **Expungement, May 25th**

⇒ **Family Law, June 8th**

⇒ **Bankruptcy, June 22nd**

Breast Cancer Support Group—Via Zoom

Tuesdays,

May 11, June 8, 4:00 p.m.

Enough Abuse Workshops—Via Zoom

Tuesdays, May 18, June 15, 3:00 p.m.

Sister-to-Sister Prom Shop

Monday—Thursday, May 3, 4, 5, 6, 4:00—7:00 p.m.

Saturday, May 8, 10:00 a.m.—12:00 p.m.

Community Health Fair—Via Zoom

Thursday, May 13, 4:00 p.m.

Project Sussex Kids—Via Zoom

Steering Committee Meeting

Thursday, May 20, 10:00 a.m.

PSS Sussex/Warren/Hunterdon Home Visitation and Early

Childhood Joint Advisory Board Meeting,

Thursday, June 10, 10:00 a.m.

General Council Meeting

Tuesday, June 15, 10:00 a.m.

Project Self-Sufficiency Events, May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 BEY, 10am—4pm NYJC, 10am—4:30pm HOW 10am—12pm & 1—3pm Motivation Monday, 2pm Prom Shop 4—7pm Women's Support Group, 7pm	4 BEY, 10am—4pm NYJC, 10am—4:30pm Interviewing & Job Search, 1pm Open Lab 1—3pm PP & O 1—3pm Prom Shop 4—7pm	5 BEY, 10am—4pm NYJC, 10am—4:30pm HOW 10am—12pm & 1—3pm Lunch, Learn & Play, 11am, <i>English</i> Lunch, Learn & Play, 12pm, <i>Spanish</i> Job Club/Workforce Wednesday, 1pm Prom Shop 4—7pm Parent Support Group, 7pm	6 BEY, 10am—4pm NYJC, 10am—4:30pm Networking & Social Media, 1pm Open Lab 1—3pm PP & O 1—3pm Health Equity, 3pm Prom Shop 4—7pm	7 BEY, 10am—4pm NYJC, 10am—4:30pm Financial Management, 11am	8 Prom Shop, 10am—12pm
9	10 BEY, 10am—4pm NYJC, 10am—4:30pm HOW 10am—12pm & 1—3pm Motivation Monday, 2pm Women's Support Group, 7pm	11 BEY, 10am—4pm NYJC, 10am—4:30pm Interviewing & Job Search, 1pm Open Lab 1—3pm PP & O 1—3pm Breast Cancer Support Group, 4pm Family Law, 6pm	12 BEY, 10am—4pm NYJC, 10am—4:30pm HOW 10am—12pm & 1—3pm Lunch, Learn & Play, 11am, <i>English</i> Lunch, Learn & Play, 12pm, <i>Spanish</i> Job Club/Workforce Wednesday, 1pm Parent Support Group, 7pm	13 BEY, 10am—4pm NYJC, 10am—4:30pm PSK Steering Committee, 10am Networking & Social Media, 1pm Open Lab 1—3pm PP & O 1—3pm Ages & Stages, 3pm Health Fair, 4pm	14 BEY, 10am—4pm NYJC, 10am—4:30pm Financial Management, 11am	15
16	17 BEY, 10am—4pm NYJC, 10am—4:30pm HOW 10am—12pm & 1—3pm Motivation Monday, 2pm Women's Support Group, 7pm	18 BEY, 10am—4pm NYJC, 10am—4:30pm Interviewing & Job Search, 1pm Open Lab 1—3pm PP & O 1—3pm Enough Abuse, 3pm	19 BEY, 10am—4pm NYJC, 10am—4:30pm HOW 10am—12pm & 1—3pm Lunch, Learn & Play, 11am, <i>English</i> Lunch, Learn & Play, 12pm, <i>Spanish</i> Job Club/Workforce Wednesday, 1pm Parent Support Group, 7pm	20 BEY, 10am—4pm NYJC, 10am—4:30pm PSK Steering Committee, 10am Networking & Social Media, 1pm Open Lab 1—3pm PP & O 1—3pm Health Equity, 3pm	21 BEY, 10am—4pm NYJC, 10am—4:30pm Financial Management, 11am	22
23 / 30	24 / 31 BEY, 10am—4pm NYJC, 10am—4:30pm HOW 10am—12pm & 1—3pm Motivation Monday, 2pm Women's Support Group, 7pm AGENCY CLOSED ON MAY 31	25 BEY, 10am—4pm NYJC, 10am—4:30pm Interviewing & Job Search, 1pm Open Lab 1—3pm PP & O 1—3pm Expungement, 6pm	26 BEY, 10am—4pm NYJC, 10am—4:30pm HOW 10am—12pm & 1—3pm Lunch, Learn & Play, 11am, <i>English</i> Lunch, Learn & Play, 12pm, <i>Spanish</i> Job Club/Workforce Wednesday, 1pm Parent Support Group, 7pm	27 BEY, 10am—4pm NYJC, 10am—4:30pm Networking & Social Media, 1pm Open Lab 1—3pm PP & O 1—3pm Ages & Stages, 3pm	28 BEY, 10am—4pm NYJC, 10am—4:30pm Financial Management, 11am	29

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				1 BEY, 10am—4pm NYJC, 10am—4:30pm Interviewing & Job Search, 1pm Open Lab 1—3pm Word 1—3pm	2 BEY, 10am—4pm NYJC, 10am—4:30pm HOW 10am—12pm & 1—3pm Lunch, Learn & Play, 11am, <i>English</i> Lunch, Learn & Play, 12pm, <i>Spanish</i> Job Club/Workforce Wednesday, 1pm Parent Support Group, 7pm			3 BEY, 10am—4pm NYJC, 10am—4:30pm Networking & Social Media, 1pm Open Lab 1—3pm Word 1—3pm Health Equity, 3pm	4 BEY, 10am—4pm NYJC, 10am—4:30pm Financial Management, 11am	5			
6		7 BEY, 10am—4pm NYJC, 10am—4:30pm HOW 10am—12pm & 1—3pm Motivation Monday, 2pm Women's Support Group, 7pm		8 BEY, 10am—4pm NYJC, 10am—4:30pm Interviewing & Job Search, 1pm Open Lab 1—3pm Word 1—3pm Breast Cancer Support Group, 4pm Family Law, 6pm	9 BEY, 10am—4pm NYJC, 10am—4:30pm HOW 10am—12pm & 1—3pm Lunch, Learn & Play, 11am, <i>English</i> Lunch, Learn & Play, 12pm, <i>Spanish</i> Job Club/Workforce Wednesday, 1pm Parent Support Group, 7pm			10 BEY, 10am—4pm NYJC, 10am—4:30pm Home Visitation/Early Childhood Advisory Board, 10am Networking & Social Media, 1pm Open Lab 1—3pm Word 1—3pm Ages & Stages, 3pm	11 BEY, 10am—4pm NYJC, 10am—4:30pm Financial Management, 11am	12			
13		14 BEY, 10am—4pm NYJC, 10am—4:30pm HOW 10am—12pm & 1—3pm Motivation Monday, 2pm Women's Support Group, 7pm		15 BEY, 10am—4pm NYJC, 10am—4:30pm PSK General Council, 10am Interviewing & Job Search, 1pm Open Lab 1—3pm Word 1—3pm Enough Abuse, 3pm	16 BEY, 10am—4pm NYJC, 10am—4:30pm HOW 10am—12pm & 1—3pm Lunch, Learn & Play, 11am, <i>English</i> Lunch, Learn & Play, 12pm, <i>Spanish</i> Job Club/Workforce Wednesday, 1pm Parent Support Group, 7pm			17 BEY, 10am—4pm NYJC, 10am—4:30pm Networking & Social Media, 1pm Open Lab 1—3pm Word 1—3pm Health Equity, 3pm	18 BEY, 10am—4pm NYJC, 10am—4:30pm Financial Management, 11am	19			
20		21 BEY, 10am—4pm NYJC, 10am—4:30pm HOW 10am—12pm & 1—3pm Motivation Monday, 2pm Women's Support Group, 7pm		22 BEY, 10am—4pm NYJC, 10am—4:30pm Interviewing & Job Search, 1pm Open Lab 1—3pm Word 1—3pm Bankruptcy, 6pm	23 BEY, 10am—4pm NYJC, 10am—4:30pm HOW 10am—12pm & 1—3pm Lunch, Learn & Play, 11am, <i>English</i> Lunch, Learn & Play, 12pm, <i>Spanish</i> Job Club/Workforce Wednesday, 1pm Parent Support Group, 7pm			24 BEY, 10am—4pm NYJC, 10am—4:30pm Networking & Social Media, 1pm Open Lab 1—3pm Word 1—3pm Ages & Stages, 3pm	25 BEY, 10am—4pm NYJC, 10am—4:30pm Financial Management, 11am	26			
27		28 BEY, 10am—4pm NYJC, 10am—4:30pm HOW 10am—12pm & 1—3pm Motivation Monday, 2pm Women's Support Group, 7pm		29 BEY, 10am—4pm NYJC, 10am—4:30pm Interviewing & Job Search, 1pm Open Lab 1—3pm Word 1—3pm	30 BEY, 10am—4pm NYJC, 10am—4:30pm HOW 10am—12pm & 1—3pm Lunch, Learn & Play, 11am, <i>English</i> Lunch, Learn & Play, 12pm, <i>Spanish</i> Job Club/Workforce Wednesday, 1pm Parent Support Group, 7pm								



Parents of Kids Birth to Age 5!

Are you curious about how your child is developing for his/her age?



Did you know ...

There's a
FREE online tool
to help you check –
and connect you
with resources to
support your child's
development?



Sussex County Residents:

English: <https://www.asqonline.com/family/74ef7a>

Spanish: <https://www.asqonline.com/family/c1567c>

Warren County Residents:

English: <https://www.asqonline.com/family/e977b8>

Spanish: <https://www.asqonline.com/family/052b8c>

Go to one of the web sites above and enter your child's birth date. You'll be directed to the right tool for your child's age range. Once you complete it, a Central Intake Specialist from Project Self-Sufficiency will reach out to explain your child's score and connect you with any community resources you might need!

It's all free for any Sussex or Warren County parent!

Questions? Call PSS at (973) 940-3500 or visit us online!

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