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.

### DAYTIME SESSIONS

**Mondays @ 2:00 PM**  
5/18, 6/1, 6/8, 6/15, 6/22, 6/29 - no session on 5/25

**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.

**Tuesdays @ 2:00 PM**  
6/2, 6/9, 6/16, 6/23, 6/30

**Virtual Family Fun:**  
Have some family fun with **Little Sprouts**! The day care staff will lead fun songs, games and crafts for parents and kids to enjoy together.

**Wednesdays @ 1:00 PM**  
5/20, 5/27, 6/3, 6/10, 6/17, 6/24

**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**  
5/21, 5/28, 6/4, 6/11, 6/18, 6/25

**DASI:**  
Presenters from **DASI** will teach you how to relate to the world around you in a healthy way, through your interactions with other people and with the media.

**Thursdays @ 3:00 PM**  
5/21, 5/28, 6/4, 6/11, 6/18

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

### EVENING SESSIONS

**Mondays @ 7:00 PM**  
6/1, 6/8, 6/15, 6/22

**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!

**Tuesdays @ 7:00 PM**  
6/2, 6/9, 6/16, 6/23, 6/30

**Dads’ Campfire Talk:**  
Take time for some dad talk! This guided support group is just for dads, and will allow you to meet and connect with other dads who want to be the best parents they can be.

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.*