



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.