



Sussex County Family Success Center

"We are Here for You!"



January 2021

Project Self-Sufficiency—127 Mill Street, Newton, NJ 07860—www.sussexcountyfamilysuccesscenter.org

Family Success Center Creates Virtual Programming

Programs were created to support families sheltering at home during the public health crisis. All programs are free and available to the public on Zoom.

Mondays

Motivation Monday with Diane Lang

Author, therapist and life coach Diane Lang helps participants to stay positive, manage emotions and offers tips about stress reduction and mindfulness.

Women's Support Group

An evening support group for women is facilitated by Sussex County Family Success Center staff.

Wednesdays

Workforce Wednesday

Family Success Center staff leads participants through resume-writing, interview skills, job preparation and more.

Lunch, Learn & Play

Pregnant women and mothers of young children obtain valuable information, engage in fun games and crafts with their children, and interact with others in similar circumstances. Separate groups for English & Spanish-speaking participants.

Parent Support Group with Diane Lang

Parents are invited to gain insights, share frustrations and success stories, and confer with other parents with the guidance of therapist Diane Lang.

Thursdays

Ages & Stages Information Session

Parents can discuss developmental milestones for young children and learn how to access the online Ages & Stages Questionnaire to connect with resources for support.

Health Equity

Participants discuss disparities in healthcare and learn how to advocate for themselves and their families.



Therapist, author and life coach Diane Lang gives a previous presentation at the Sussex County Family Success Center

Food Distribution Continues to Skyrocket

The Sussex County Family Success Center at Project Self-Sufficiency has distributed food to hundreds of needy individuals and families since the beginning of the public health crisis in March. Advisory Board members have donated food and assisted with bagging and distributing items to those in need. A new food distribution program, The Food Project, Nourishing our Neighbors, facilitates donations and brings food and limited personal care products to families who are without transportation.





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Sussex County Family Success Center Holiday Events Set Records in 2020



The holiday season kicked off with a drive-by Halloween event for costumed parents and children.

Food & Toy Distribution Meets Needs of Local Families in Crisis



Thousands of children and teens received new, unwrapped toys and gifts from the Season of Hope Toy Shop in December.



More than 450 complete Thanksgiving meals were distributed to local families in November.

Free Legal Advice

Volunteer attorneys are offering free legal advice to individuals in need via video chat and telephone while local residents are advised to shelter at home. Virtual seminars about family law, bankruptcy and other topics will be launched in the spring.



New Jersey Youth Corps Graduates Students

Young adults, ages 16—25, are on the path to success with the New Jersey Youth Corps at Project Self-Sufficiency. The program is a hybrid of remote and in-person learning and community service, offering preparation for the high school equivalency exam, a weekly stipend, free transportation and childcare, and other sources of support to young adults who have not completed high school. The next session launches in March.