



Sussex County Family Success Center

“We are Here for You!”



Autumn 2021

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

Virtual Services for Families

Support Groups

Women’s Support Group

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

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.

Breast Cancer Support Group

Breast cancer survivors are invited to share their stories, discuss coping strategies, and gain insights in a supportive setting.

Career Help

Workforce Wednesday

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

Health & Wellness

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.

Health Equity

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

Child Sexual Assault Prevention

Participants learn to recognize and prevent child sexual abuse and discuss safe practices for potential victims.

Child Development Tools & Tips, Help for New Moms

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.

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.

What’s New @ the Center

Help for Childhood Trauma Survivors

Project PACES at PSS is a new work group of professionals, providers and Sussex County Family Success Center Parent Advisory Board Members who are committed to increasing awareness of the impact of childhood trauma on juvenile development, future violence victimization and perpetration, and lifelong health and opportunity. The group aims to make our community a place in which every child can thrive by preventing adverse childhood experiences (ACEs) and assuring safe, stable, nurturing relationships and environments.



Pizza & PACES

Families and educators will gather over dinner to discuss the prevention of trauma and adverse childhood experiences while learning how caring connections can serve as a primary buffer in the negative effects of trauma. The interactive workshops will cover intensive ACEs education, impact on the brain, and include educational videos. Participants will walk away with tips and strategies for building resiliency.

Food Distribution Assists Hundreds of Families

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. 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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Career Help

Employment Skills Training Program for Women

Starting in October, women will learn computer skills and receive assistance with resume development, workplace etiquette, and interview skills during the Higher Opportunities for Women Program.

High School Equivalency Program

Young adults, ages 16—25, are working towards their high school diploma through the New Jersey Youth Corps at Project Self-Sufficiency. Classroom instruction is supplemented by community service projects. Graduates move on to college, a career or the military.

Bridges to Employing Youth

Pregnant and parenting young adults, ages 16—24, can get help with training and certification in a variety of fields, as well as academic and counseling support, transportation, childcare, and high school equivalency instruction.

Virtual Career Fair

Job seekers are invited to submit resumes and discuss employment opportunities with businesses and organizations seeking to hire at a virtual Career Fair in October.

Help at the Holidays

Halloween Party

Parents and children are invited to don a costume and pick up some treats at a drive-by Halloween party in October.

Thanksgiving Assistance

More than 450 families will receive a free turkey dinner with all of the trimmings in November.

Holiday Toy Shop

The annual Season of Hope Holiday Toy Shop will provide new, unwrapped toys and gifts to more than 2,000 infants, children and teens during December.



Support for Families

Legal Advice & Education

Volunteer attorneys offer free legal advice to individuals in need via video chat and telephone. Virtual seminars about family law, bankruptcy, elder law, and other topics are ongoing.

Mobile Services Available

PSS Journey has returned to a regular schedule, visiting five municipalities in Sussex County on a rotating basis and making pop-up appearances at local attractions. Those in need are invited to check out the free food, diapers, internet access, computer classes, and other resources available on board.



Home Visits & Weekly Gatherings Help Parents of Young Children

Women who are pregnant or parenting a young child receive regular consultations from a 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 the Sussex County Family Success Center. The visiting professionals provide support, education and counseling on health, behavioral and self-sufficiency issues. Weekly gatherings take place via Zoom.

