



Many Families. *One Community.*

Project Self-Sufficiency



Sussex County Family Success Center

The Sussex County Family Success Center is pleased to offer

VIRTUAL SERVICES

to help families through these tough times.



Mondays @ 2:00 p.m.

1/11 & 1/25,
2/1, 2/8, 2/22

Motivation Monday with Therapist Diane Lang

Struggling with loneliness, stress or anxiety? Join author, therapist and life coach Diane Lang for an exploration of topics designed to help you stay positive and manage the complex emotions of this difficult time.

Mondays @ 7:00 p.m.

1/4, 1/11 & 1/25,
2/1, 2/8, 2/22

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!

Parenting Support Group with Therapist Diane Lang

Wednesdays @ 7:00 p.m.

2/3, 2/10, 2/17, 2/24

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



Wednesday

Wednesdays @ 1:00 p.m.

1/6, 1/13, 1/20, 1/27
2/3, 2/10, 2/17, 2/24

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, cover letter, interview skills, workplace etiquette, & more.

*Lunch, Learn
& Play!*

Wednesdays

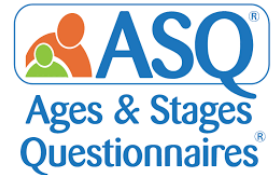
1/6, 1/20, 1/27
2/3, 2/17, 2/24

Join us for fun parent-child activities over lunch. It's a great place to get valuable information about parenting, learn about fun games and crafts for kids, and connect with other parents and children.

English @ 11:00 a.m.

Espanol @ 12:00 p.m.

*Almozar,
Aprender
y Jugar!*



Thursdays @ 3:00 p.m.

1/7 & 1/21
2/4 & 2/18

Ages & Stages Info Session

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



Thursdays @ 3:00 p.m.

1/14 & 1/28
2/11 & 2/25

Health Equity

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

Sessions take place on

zoom



video-conferencing

**Call 973-940-3500
for log in links!**

Sussex County Family Success Center services are offered by Project Self-Sufficiency with support from the New Jersey Department of Children & Families