



We're here to help parents build on their strengths, celebrate their triumphs, and navigate the challenges we all face.

## WHAT WE OFFER:



Tools and Training



Virtual Support Groups



One-on-One Coaching


Using proven, evidence-based approaches:

-   
 In-person
-   
 Virtual
-   
 One-on-One
-   
 Small Group Discussion
-   
 Group Seminar



### Opportunities to Connect With Other Parents

Monthly Mommy Party • Dinner with Dad • Family Fun Night • Holiday Celebrations

All of these services are FREE and voluntary, offered by Project Self-Sufficiency with funding from the  New Jersey Department of Children and Families.