



# Project Self-Sufficiency

**Project Self-Sufficiency transforms the lives** of children and adults throughout northern New Jersey by giving them a hand up at a time when they feel hopeless. Since 1986, Project Self-Sufficiency has empowered vulnerable families to achieve stability and self-sufficiency through wraparound comprehensive programs that build self-confidence and self-reliance. PSS has provided resources and services that offer independence, hope and opportunity to more than 25,000 low-income individuals and families and more than 30,000 children.

## EACH YEAR AT PROJECT SELF-SUFFICIENCY:



**10,000**

calls for assistance received



**39,000**

referrals are made to community resources



**57,000**

outgoing calls are made to follow up on assistance received



**2,500**

individuals participate in case management



**1,000**

adults participate in career services including job training, job placement and employment maintenance



**4,000+**

home visits are made to moms and babies



**50**

youth earn diplomas through New Jersey Youth Corps



**684,000**

meals are distributed to local families in need

Serving all individuals and families in Sussex and Warren counties, assisting them to meet a wide range of needs.

127 Mill Street, Newton, NJ 07860

973-940-3500

[www.projectsselfsufficiency.org](http://www.projectsselfsufficiency.org)



# Parent and Family Services

## Ages & Stages Questionnaire

Sussex and Warren County parents of children under 5 years old can access a free online tool to answer questions about their child's physical, intellectual, social and emotional development. The Early Childhood Specialist at Project Self-Sufficiency will then reach out to explain the results and provide community resources if needed. Scan the code to access the **ASQ Questionnaire** :



## Enough Abuse

Project Self-Sufficiency offers free in-person and online "**Enough Abuse**" training to help parents, caregivers and child-serving adults learn to recognize and respond to early warning signs of child sexual abuse.

## Connections Matter

Through outreach, gathering and discussion, the Project Self-Sufficiency **Connections Matter** initiative aims to provide:

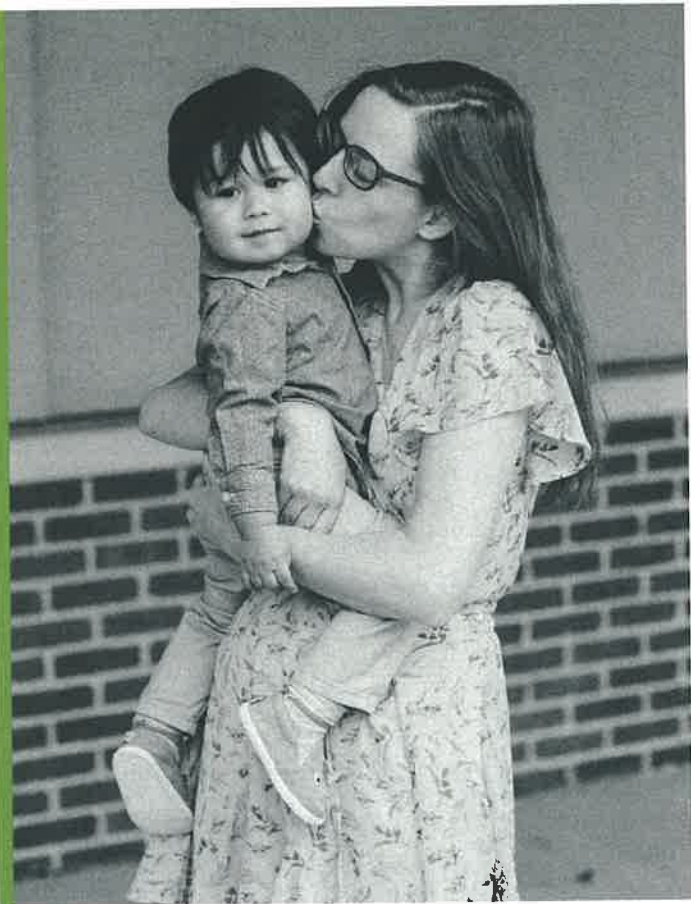
- Intensive Adverse Childhood Experience ACES education
- An overview of the Impact on the Brain
- Information, Educational Videos, Peer-to-Peer Interaction
- Tips and Strategies for Building Resiliency
- Featured Trauma Expert Presenters and Topics

## Parenting Classes

Classes use the nationally recognized ACT Raising Safe Kids, Nurturing Parenting Program (NPP), Systematic Training for Effective Parenting (STEP), or 24/7 Dad Program curricula.

## Project Sussex Kids

Project Self-Sufficiency leads this initiative to bring parents, community resources and stakeholders together to improve communication and increase access to services to help young children thrive.



**Parent Support Groups**

**Parenting Education**

**Family Activities**

**Support Services**



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**WE BELIEVE**  
in the power of compassion.