



# September- October Newsletter 2012

PSS will be closed **Monday September 3** in observance of Labor Day  
and **Monday October 8** in observance of Columbus Day.

Project Self-Sufficiency · 127 Mill Street · Newton, NJ 07860 · (973) 940-3500 · [www.projectselfsufficiency.org](http://www.projectselfsufficiency.org)

## Introducing the Project Self-Sufficiency Warren County Outreach Center



With special thanks to our partner, the First Presbyterian Church of Blirstown, Project Self-Sufficiency is now offering services at the Warren County Outreach Center to accommodate the many Northern Warren County residents who have reached out to PSS for assistance.

The Center is located at  
**35 Main Street, Blirstown, NJ 07825**  
*(In the First Presbyterian Church of Blirstown Outreach Center)*  
**(908) 362-1777**

### HOURS OF OPERATION:

Tuesday & Wednesday, 10:00 a.m.—5:00 p.m.  
Thursday, 3:00—9:00 p.m.  
Every third Saturday, 9:00 a.m.—12:00 p.m.

If you are a Northern Warren County resident in need of job search assistance, computer skills, life skills training and additional support, please call Warren County Outreach Coordinator Beth Tully at (908) 362-1777 or call the PSS Main Office at (973) 940-3500 to find out how you can access the Warren County outreach Center.

*See Page 8 for classes being offered in Blirstown this fall ...*



## Higher Opportunities for Women

Ten women graduated from the Spring 2012 HOW session this June and are on their way to an exciting new career! Why not join them? Higher Opportunities for Women (HOW) is an intensive 16-week pre-employment training program that helps prepare participants for entry-level office positions. The course offers 80 hours of professional computer training, 40 hours of job search preparation, and 120 hours of on-the-job training working at an unpaid externship in the community. Free to PSS participants.

**The next HOW Session runs September 18 — January 15, 2013.**

Attend one of these OPEN HOUSE SESSIONS to learn more:

**Tuesday, September 11, 6:00 p.m.**

**Thursday, September 13, 10:00 a.m.**

## Fiber Optics Network Cabling



PSS is partnering with Educational Resources, Inc. to offer a Fiber Optics Network Cabling certification course on-site. This 40 hour course will run over the course of two weeks and is open to single parents and displaced homemakers age 18 or older. Applicants should have a high school diploma or GED, a valid driver's license and access to transportation, and be willing to commit to attend the full 40 hours of training. Income and other restrictions may apply. Please contact your case manager if you are interested. Two more sessions are scheduled for Fall 2012:

**November 5, 6, 7, 8, 9, 13, 14, 15, 16**

**December 3, 4, 5, 6, 7, 10, 11, 12, 13**

**Not sure Fiber Optics is right for you? Attend an Info Session:**

**Friday, September 7, October 5, November 2, 10:00 a.m.**

**Thursday, November 1, 6:00 p.m.**

# What's new at Project Self-Sufficiency?

You want the best  
for your family ...  
So do we!



Imagine having a friendly, knowledgeable family support worker come right to your home to listen to your concerns, answer your questions, and offer advice and resources to help you build your confidence as a new parent. From parenting tips to monitoring your child's health and development, to helping out with home management skills like budgeting, making healthy choices at the grocery store, managing stress in positive ways and more, Project Self-Sufficiency's home visitors are trained to support you.

*Did you know that Project Self-Sufficiency now offers two different Home Visitation programs for pregnant women and families of infants and toddlers? Call (973) 940-3500 to learn more about eligibility requirements and how these programs can help you!*

## Parents As Teachers (PAT) Program

Are you pregnant or the parent of an infant or toddler? Want to be the best parent you can be? With a grant from the NJ Department of Children & Families, PSS offers home visitation and support services based on the nationally acclaimed Parents As Teachers curriculum. This program is specifically designed to work with the needs of pregnant women and new mothers.

## Healthy Families/TIP Home Visitation

Calling expectant and new parents! Professional social workers come to your home to provide counseling and instruction, answer questions, and offer support. Maternal and child health, child development, child care, discipline, life skills, home management skills, and more are covered. **Participation in this program can count toward Work First New Jersey required activities.**

## Additional Services for Parents & Families —

**Monthly Mommy Parties** offer a supportive place to meet other moms of young children, get parenting information, and enjoy fun family activities. Parties occur **11:00 a.m. to 1:00 p.m.** at PSS. Call (973) 940-3500 to register.

**September 11, October 16, November 6, December 4**

**FREE Parenting Classes** are offered throughout the year for PSS participants as well as the general public. See page 8 for a listing of upcoming classes. Pre-registration is required by calling (973) 940-3500.

## Fresh Start for Families in Substance Abuse Recovery

Through the Fresh Start Program, families in substance abuse treatment and recovery receive information and referrals, case management, supportive counseling, and access to seminars on stress management, home management and other life skills, relapse prevention services, home visits, peer support groups, family activities and support services. All services are free and confidential. Contact your PSS case manager for information.

## Find us on the web!



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

If you haven't already checked out Project Self-Sufficiency's new web site, please do! It's chock full of useful information, from descriptions of all of our programs and services to news about the latest classes and events to ways to support our work!

Don't be afraid to join us at the Annual Family Success Center



**Thursday, October 25**

**6:00 to 7:30 p.m.**

Games .. Crafts ... Costume Parade ...  
Pumpkin Painting ...  
Photo Station ... Dinner ... & more!

Free and open to pre-registered PSS participants only.

**Call (973) 940-3500 to register!**

# COMMUNITY HEALTH FAIR

Thursday, October 11, 2012

12:00—4:00 p.m.

@ the Project Self-Sufficiency  
Community Education Center

Health Screenings & Immunizations

Information & Resource Tables

FREE & Open to the Public!



Also on October 11th or December 5th : 10:00 a.m.—4:00 p.m.

FREE MAMMOGRAMS

To be eligible, you must be a woman age 40 or older who has not had a mammo-gram within the last twelve months. You MUST call to schedule an appointment: (973) 940-3500.



Our Kids.  
Our Community.  
Our Responsibility.

*Taking action to prevent child sexual abuse in Sussex and Warren Counties.*

Project Self-Sufficiency is proud to launch the **Enough Abuse Campaign** in collaboration with Prevent Child Abuse NJ and the Sussex Warren Partnership to Prevent Child Sexual Abuse. The goal of the Enough Abuse Campaign is to end child sexual abuse by educating and empowering community members to recognize and respond to the warning signs of abuse and to end the silence and shame that surrounds it.

## Community-Wide Education & Awareness

Certified trainers will provide FREE Enough Abuse Campaign trainings to mobilize adults and communities to prevent child sexual abuse using the core campaign curriculum.

The **“It’s Not Just Jenna”** child sexual abuse prevention training is designed to educate middle and high school youth, their parents, and other youth-serving professionals on how to recognize and prevent child sexual abuse. Through this training you will learn:

1. Behavior signs to be aware of in adults that might indicate they pose a risk to children or teens;
2. Ways sexual abusers “groom” or establish trust with potential victims and their families;
3. Behavior signs to look for in children or teens that may indicate they are being or have been sexually abused;
4. Reasons it is difficult for victims of child sexual abuse to tell;
5. How to respond if we see behavior signs in adults that indicate they might pose a risk to children and teens; and
6. How to respond to behavior signs in a child/teen which raise concerns they may have been or are being sexually abused.

The 18-minute **“It’s Not Just Jenna”** video presentation is followed by a facilitated discussion of what Jenna’s story teaches us about child sexual abuse and how to prevent it.

**Register to receive this training at one of the upcoming sessions at Project Self-Sufficiency —**

**Monday, September 24, 10 a.m.—12 p.m.**

**Thursday, September 27, 6—8 p.m.**

**Wednesday, October 12, 6—8 p.m.**

**Monday, October 15, 10 a.m.—12 p.m.**

**Wednesday, October 17, 6—8 p.m.**

**Monday, November 12, 10 a.m.—12 p.m.**

**Wednesday, November 14, 6—8 p.m.**

For more information or to schedule a training, call Melissa Bischoff at (973) 940-3500.

# LITTLE SPROUTS

Early Learning Center



**Day Care, Preschool & Pre-K**

## NOW ENROLLING

**FREE lunch provided!**

Little Sprouts is a fully licensed day care and preschool facility for children age 6 weeks through 6 years. We offer:

**Competitive Rates**

**Convenient Hours & Location**

**Quality Education using The Creative Curriculum**

**Caring, Professional Staff**

**All New, State-of-the-Art Facility**

Visit us on the web:

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

Or call (973) 940-3540 for a tour!

# Career & Employment Training Services

The following Career & Employment Training Services are held at our Newton Campus unless otherwise noted. PSS Participants must pre-register through their Case Manager to attend a careering program. Call (973) 940-3500 for more information.

## Employment Lab

Exclusively for active PSS participants, the PSS Employment Lab offers assistance for those who wish to work on their careers, whether looking for a job, upgrading skills to maintain your current job or secure a promotion, or even just determining which career is right for you so that you can outline your next steps to get there.

Not sure which career path is right for you or what skills you need to land your perfect job? Take one of these **assessment tools** and have your results explained to you—

- Myers-Briggs (Personality) Type Indicator
- Self-Directed Search
- Test for Adult Basic Education

Work on your job skills. Utilize our **state-of-the-art computer lab** for hands-on learning opportunities:

- Build and practice computer skills
- Create, update or revise your resume
- Prepare effective cover letters
- Conduct an online job search

Career Center Staff will work with you and provide guidance, direction, and support to help you achieve your careering and employment goals.

**Please speak with your PSS case manager to sign up and make arrangements for childcare.**

**The Employment Lab is available every Wednesday - 9:00—11:00 a.m., 1:00—4:00 p.m. & 6:00—8:30 p.m.**

**MBTI Interpretation: Every Tuesday, 10:00 a.m.**

## Work Readiness Credential Testing

The **Work Readiness Credential** is a national job readiness credential which shows potential employers that you possess core standard competencies for employment in an entry level position. Assessment covers 5 areas— Employability Skills, Communication Skills, Interpersonal Skills, Decision-Making Skills, and Lifelong Learning Skills. If you score well, you will be awarded a Work Readiness Credential certificate that is recognized by employers throughout the US. **Advance registration is required to take the test. There is a fee to take the test; the fee is waived for Project Self-Sufficiency participants.**

**Every Friday, 9:30 a.m.—12:30 p.m.**

## Working Woman's Wardrobe

Through generous community donations and amazing volunteers, Project Self-Sufficiency is able to offer its participants a chance to “shop” for new or gently used women’s clothing suitable for wear in an office environment. Ideal for those who need an outfit to wear for job interviews or to start a new job. There is no cost for the clothing. You must speak with your case manager in advance to schedule a visit to the Wardrobe at our Newton Campus.

## CAREER SEMINARS

*A series of courses designed to help you land, keep, and succeed at a job. Attend one or all five courses at your own pace. Come back as often as you like for a refresher.*

**Each of these courses will be offered on a rotating basis on Wednesday evenings, in addition to the daytime schedule.**

### Job Search & Networking Techniques

There are jobs out there—learn how to find them! Gain techniques for job searching in newspapers and online, including how to “network” with people you may know to get job tips and advice.

**Mondays, 11:00 a.m.—12:00 p.m.**

**Wednesday, 7:00—8:00 p.m.: Week 1**

### Cover Letters & Resumes

Your resume and cover letter are your first impression when you’re looking for work. Make sure they show you at your best. We’ll help you learn to present your employment history, education, and experience in the best light possible to land the interview.

**Tuesdays, 11:00 a.m.—12:00 p.m.**

**Wednesday, 7:00—8:00 p.m.: Week 2**

### Interview Skills/Workplace Literacy/Salary Negotiation

It doesn’t end with a great resume. Once you get an interview, be prepared to show your best self. Get tips to make a good impression and get hands-on practice with “mock” interviews. Then, learn what employers will expect of you in the job, how to meet or exceed their expectations, and how to negotiate for pay and benefits.

**Wednesdays, 11:00 a.m.—12:00 p.m.**

**Wednesday, 7:00—8:00 p.m.: Week 3**

### Money Matter\$: Financial Management

Do your expenses add up faster than your checks come in? Are you making the most of your income? Learn about using different financial tools to make your money work harder for you: budgeting, checking accounts, savings accounts, retirement and college savings, loans, and credit cards.

**Thursdays, 11:00 a.m.—12:00 p.m.**

**Wednesday, 7:00—8:00 p.m.: Week 4 (alternating)**

### Careering 102

A more advanced exploration of the topics covered in Careering 101 for those who’ve found a job and want to keep it. Get tips on time management, setting goals and objectives, meeting expectations, interacting with coworkers, etc. so that you can turn your job into a real career with potential for growth and advancement.

**Fridays, 11:00 a.m.—12:00 p.m.**

**Wednesday, 7:00—8:00 p.m.: Week 4 (alternating)**

## SPECIALIZED TRAINING PROGRAMS

In addition to Fiber Optics Network Cabling and Higher Opportunities for Women (detailed on page 1), the PSS Career Center offers the following training programs:

### ATTENTION TEENS & YOUNG ADULTS:

*Need a GED? A Job? Guidance to reach your goals?*



## WE CAN HELP!

The Youth Connections Program offers FREE education, employment and support services to eligible youth age 16 to 21.

**Participants will:**  
Earn a GED or increase their literacy level  
**and**  
Be placed in a job, enroll in college, or enlist in the armed forces

**GED Education**  
**Educational & Employment Assessment**  
**Computer Training**  
**Workforce Skills Readiness Training**  
**Case Management**  
**On-Site Childcare**  
**Limited Transportation Assistance**  
**Job Placement**  
**Follow Up to Maintain Employment**

Call (973) 940-3500  
to get started!

**YOUTH CONNECTIONS**

### Work Connections GED Education

Do you lack a high school diploma, and find that it holds you back in life? Are you looking to expand your employment opportunities or prepare for a college education by earning your General Equivalency Diploma (GED)? Project Self-Sufficiency can help! A **GED Program** takes place on-site, right here at the Project Self-Sufficiency campus. There is no cost to participate, and no eligibility requirements. All you need is the desire to earn your GED — and the willingness to commit to your goal. We provide supportive instruction and test preparation, and we'll be here every step of the way until you have successfully passed all sections of the GED exam. Contact your PSS Case manager to sign up. GED Education will be offered:

**Monday—Thursday, 10:00 a.m.—2:00 p.m.**

### Employment Lab for Men

(Microsoft, Resume & Cover Letter)

Designed specifically for men, we provide a state-of-the-art computer lab and professional staff guidance to help build computer and career skills. Use this opportunity to develop and practice computer skills, create, update or revise your resume, and prepare an effective cover letter. You will also learn computer basics and keyboarding skills, and get an overview of some of today's most popular Microsoft Office software applications. *Note: there is a \$10 fee for this class.*

**Wednesdays 6:00—8:30 p.m.**

**September 5, 12, 19, 26, October 3, 10, 17, 24, 31**

### Better With Technology: Computers for Seniors

Are you a senior who would like to keep in touch with family and friends using the computer? Not sure how to get started? This is the class for you. Come join your peers and learn how to set up an e-mail account, use the Internet, stay safe online and more. This three-session course will have you "connected" in no time! Open to PSS participants who are seniors as well as seniors from the public. *There is a \$10 fee for this class.*

**Fridays 9:00 a.m.—12:00 p.m.:**

**September 7, 14, 21**

**October 5, 12, 19**

### Computer Courses

In our state-of-the-art computer labs at both the Newton Campus and the Warren County Outreach Center, PSS offers instructor-led courses on many popular software applications.

**For a listing of upcoming individual computer courses, turn to page 8: "Seminars at a Glance."**

## WorkFirst New Jersey

*New for Fall 2012, Project Self-Sufficiency has designated a WorkFirst Center on its Newton Campus to be used specifically for WorkFirst NJ training activities.*

### Job Readiness/Job Search Group

This 4-week group, which will be held in the WorkFirst Center at Project Self-Sufficiency's Newton Campus, is open exclusively to WorkFirst New Jersey recipients who are referred by the Division of Social Services or the Department of Labor and Workforce Development. This is a structured employability skills program which fulfills the training requirement for *Work First New Jersey* participants. Job Readiness/Job Search Group includes computer training, career assessments, and extensive hands-on practice with job search techniques.

**Four separate groups will run continuously year-round—**

**GROUP A:** Begins on the 1st Monday of every month

**GROUP B:** Begins on the 3rd Monday of every month

**GROUP C:** Begins on the 1st Monday of every month

**GROUP D:** Begins on the 3rd Monday of every month

**All run Monday through Friday, 9:00 a.m. to 5:00 p.m.**

### Community Work Experience Program (CWEP)

Eligible WFNJ recipients will work with a Project Self-Sufficiency Career Counselor to be placed in an unpaid externship with a local community employer. The purpose of CWEP is to provide real world work experience that will not only help the individual develop new skills but become comfortable and confident working in a professional setting.

**CWEP (Community Work Experience Program) takes place Monday through Friday, 9:00 a.m.—4:00 p.m.**



## The Family Success Center at Project Self-Sufficiency

*Helping all families find their path to success!*



## IOLTA LEGAL PROGRAM

### Family Success Center Outreach Sites

Access Family Success Center services closer to home at one of our two satellite locations, housed at the Hopatcong Board of Education Building and at the Sussex Middle School. Come in for an initial intake or meet with your case manager. Meetings will take place by advance appointment only; there are no drop-in hours. Call (973) 940-3500 to schedule an appointment.

### Family Fun Night

Fun for the whole family at the PSS Community Education Center. Enjoy a variety of fun activities—screening classic family films, doing craft projects, participating in games, physical activities, and more. Refreshments will be provided. It's all FREE—we hope you'll join us!

**Fridays, 5:30—7:30 p.m.**

**September 21, October 5, 19, November 2, 16, 30**

### Family Story Time

Join us on Friday evenings at Little Sprouts Early Learning Center for some special family time centered around the sharing of a book. There will be two separate readings — one for children ages 3 to 6, and one for children ages 7 to 10. Parents and children will also share dinner, provided by Project Self-Sufficiency, and an activity—all FREE!

**Fridays, 5:30—7:30 p.m.**

**September 28, October 12, 26, November 9**

### Becoming You: *Career Speakers*

PSS is pleased to offer a series of monthly Career Speakers to get teens ages 12 to 17, as well as adult PSS participants and community members, to explore a range of career options. Whether you are planning a future career path or thinking about shifting the path you're already on, our speakers will inform and inspire you. After a summer hiatus, the Becoming You Career Speakers program will be back this fall with the following dates and topics scheduled:

**Thursday, September 27, 6:30—8:30 p.m.: "Animal Care Careers"**

**Thursday, October 18, 6:30—8:30 p.m.: "Helping Careers"**

**Thursday, November 15, 6:30—8:30 p.m.: "Financial Careers"**



### Life Skills 101

New from the Family Success Center, join us for a weekly evening seminar designed to assist you in building and strengthening skills that will help you manage day-to-day life. A variety of topics will be covered, including budgeting, stress management, communication skills, conflict resolution, nutrition, healthy lifestyles and more. Attend one session or keep coming back each week — it's also a great way to meet new people and make new friends! Please call (973) 940-3500 to register.

**Wednesdays, 6:00—8:30 p.m.**

**October 3, 10, 17, November 7, 14, 28, December 5, 12, 19**

*Made possible by the generosity of the IOLTA Fund of the Bar of NJ, the **IOLTA Legal Assistance Program** is designed to provide legal education and assistance to those who typically could not afford it.*

With the exception of Legal Forums, which are open to the general public, the services of the IOLTA Program are available only to those who meet income and other guidelines. Both PSS participants and members of the public must meet these criteria to receive services. **To determine eligibility, call (973) 940-3500.**

### IOLTA Legal Forums

Forums are two-hour informational sessions conducted by a volunteer attorney, free of charge and open to the public regardless of income. **You must register in advance by calling (973) 940-3500.**

### Family Law

Wednesday, September 19, 7:00—9:00 p.m.

Wednesday, October 24, 7:00—9:00 p.m.

Wednesday, December 5, 7:00—9:00 p.m.

### Expungement

Wednesday, September 12, 7:00—9:00 p.m.

Wednesday, November 14, 7:00—9:00 p.m.

### Elder Law

Tuesday, October 16, 2:00—4:00 p.m.

### Bankruptcy

Thursday, September 13, 7:00—9:00 p.m.

Wednesday, October 10, 7:00—9:00 p.m.

Tuesday, December 4, 7:00—9:00 p.m.

### Individual Consultations

Open to members of the general public who meet income guidelines. Eligible individuals may receive a 45-minute consultation with a volunteer attorney who will not provide legal representation, but will answer questions, review legal paperwork, and offer general advice. Consultations are restricted to non-criminal matters.

### Pro-Se Divorce Workshops

Income-eligible individuals may participate in attorney-led workshops which will walk them through the process of completing and filing divorce paperwork pro se (or do-it-yourself). These workshops are for those whose divorces do not involve property, support, or custody disputes. The attorney will not provide representation. Workshops run only with sufficient registration.

### Do-It-Yourself Legal Clinics

Income-eligible individuals may receive help preparing and filing family law motions such as child support, visitation, and custody. **Also underway is a new DIY Legal Clinic on Expungement.** Clinics are run by volunteer attorneys, but do not offer representation. Clinics run only with sufficient registration.

### Court Accompaniment/Pro Bono Representation

Only active Project Self-Sufficiency participants are eligible for these services. A 3-step screening process is required for Pro Bono Representation, and those accepted into the program must donate community service hours in the nonprofit sector.

# September-October 2012 Seminars At A Glance

Seminars open to active Project Self-Sufficiency participants only. All seminars held at the Newton Campus unless otherwise noted. For detailed course descriptions, please refer to the Fall 2012 Seminar Listing or contact your case manager.

## Computer Courses

*Individual, instructor-led computer courses are available to active Project Self-Sufficiency participants only. There is a \$10 fee for each six-session course. You must register and pay the fee in advance in order to attend a computer course.*

### Introduction to Personal Computers

*Tuesdays and Thursdays, 9:00 a.m. to 12:00 p.m.  
September 11, 13, 18, 20, 25, 27*

*Tuesdays and Thursdays, 6:00 to 9:00 p.m.  
October 9, 11, 16, 18, 23*

### Microsoft Word Series

*Mondays and Wednesdays, 9:00 a.m. to 12:00 p.m.  
October 15, 17, 22, 24, 29, 31*

*Tuesdays and Thursdays, 6:00 to 9:00 p.m.  
October 9, 11, 16, 18, 23, 25*

### Microsoft Word II Series

*Mondays and Wednesdays, 6:00 to 9:00 p.m.  
October 15, 17, 22, 24, 29, 31*

### Microsoft Excel Series

*Mondays and Wednesdays, 9:00 a.m. to 12:00 p.m.  
September 10, 12, 17, 19, 24, 26*

### Microsoft Excel II Series

*Tuesdays and Thursdays, 6:00 to 9:00 p.m.  
October 9, 11, 16, 18, 23, 25*

### Microsoft PowerPoint/Outlook

*Thursdays and Fridays, 9:00 .m. to 12:00 p.m.  
September 6, 7, 13, 14, 20, 21*

### Quickbooks

*Mondays and Wednesdays 6:00 to 9:00 p.m.  
October 1, 3, 10, 15, 17, 22, 24, 29, 31*



## Enrollment Sessions

New Jersey FamilyCare provides free or low-cost health coverage for low-income parents and uninsured children 18 years of age and younger. Attend an enrollment session for program details and complete an application with guidance from a case manager. Call 973-940-3500 to register, and receive a list of items necessary for the application.

*Every Wednesday, 9:00–11:00 a.m.  
Every Thursday, 6:00–8:00 p.m.*

## Warren County Outreach Center

### PC Skills Computer Lab

*Thursdays, 6:00 to 9:00 p.m..  
October 4, 11, 18*

## Family Success Center

### Halloween Spooktacular

*Thursday, October 25—Call to register.*

### Becoming You Career Series

*Thursdays, 6:30 to 8:30 p.m.  
September 27: Animal Care  
October 18: Helping Professions  
November 15: Financial Careers*

### Family Fun Nights

*Fridays, 5:30—7:30 p.m.  
September 21, October 5, 19, November 2, 16, 30*

### Family Story Time

*Thursdays, 5:30—7:30 p.m. at Little Sprouts  
September 28, October 12, 26, November 9*

### Life Skills 101

*Wednesdays, 6:00—8:30 p.m.  
October 3, 10, 17, 24, November 7, 14, 28,  
December 5, 12, 19*

## Support Groups

### Crossroads

*Thursdays, 6:30 to 8:00 p.m.  
October 11, November 8, December 13*

### YFS Prenatal Group

*Wednesdays, 5:30 to 6:30 p.m.  
October 3, 10, 17, 24, November 7, 14*

### YFS Group

*Wednesdays, 7:00 to 8:00 p.m.  
October 3, 10, 17, 24, November 7, 14*

## Parenting Classes

### NURTURING PARENTING —

#### Prenatal Parenting

*Mondays, 6:00 to 8:00 p.m.  
September 24 though December 10*

#### Infants, Toddlers & Preschoolers

*Mondays, 6:00 to 8:00 p.m.  
September 24 though December 10*

#### Women in Recovery

*Mondays, 6:00 to 8:00 p.m.  
September 24 though December 10*

#### Nurturing Fathers

*Tuesdays, 6:00 to 8:00 p.m.  
November 6 through December 11*

### S.T.E.P. PARENTING —

**School-Age:** *Tuesdays, 6:00 to 8:00 p.m.  
September 25 though December 4*

**Adolescents:** *Tuesdays, 6:00 to 8:00 p.m.  
September 25 through October 30*

## Legal Forums

### Family Law

*Wednesday, September 19, 7:00—9:00 p.m.  
Wednesday, October 24, 7:00—9:00 p.m.  
Wednesday, December 5, 7:00—9:00 p.m.*

### Expungement

*Wednesday, September 12, 7:00—9:00 p.m.  
Wednesday, November 14, 7:00—9:00 p.m.*

### Elder Law

*Tuesday, October 16, 2:00—4:00 p.m.*

### Bankruptcy

*Thursday, September 13, 7:00—9:00 p.m.  
Wednesday, October 10, 7:00—9:00 p.m.  
Tuesday, December 4, 7:00—9:00 p.m.*



## Mammograms Save Lives!


If you are a woman age 40 or older who has not had a mammogram within the last 12 months, you may be eligible for a **FREE MAMMOGRAM** at PSS.

**You MUST call (973) 940-3500 to schedule an appointment.**

Appointments are available—

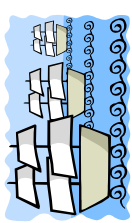

**Thursday, October 11, or Wednesday, December 5 10:00 a.m. to 4:00**

# September 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b>
<b>2</b>	<b>3</b> <i>PSS Closed for Labor Day</i> 	<b>4</b> Work First Group 9-5 CWEP 9-4 Work Connections GED 10-2 MTBI Interpretation 10-11 Careerling: Resumes 11-12	<b>5</b> Work First Group 9-5 CWEP 9-4 Employment Lab 9-11 & 1-4, 6-8:30 Employment Lab for Men 6-8:30 Work Connections GED 10-2 Careerling: Interview Skills 11-12	<b>6</b> Work First Group 9-5 CWEP 9-4 Careerling 101: Job Search 11-12 Work Connections GED 10-2 Careerling: Money Matters 11-12 <b>Mammograms</b> 10 a.m.—4 p.m.	<b>7</b> Work First Group 9-5 CWEP 9-4 Work Readiness Test 9:30-12:30 Better with Tech 9-12 Careerling 102 11-12 PPT/Outlook 9-12	<b>8</b>
<b>9</b>	<b>10</b> Work First Group 9-5 CWEP 9-4 Work Connections GED 10-2 Careerling: Job Search 11-12 MS Excel 9-12	<b>11</b> Work First Group 9-5 CWEP 9-4 Work Connections GED 10-2 MTBI Interpretation 10-11 Careerling: Resumes 11-12 Intro to PC 9-12	<b>12</b> Work First Group 9-5 CWEP 9-4 Employment Lab 9-11 & 1-4, 6-8:30 Employment Lab for Men 6-8:30 Work Connections GED 10-2 Careerling: Interview Skills 11-12 MS Excel 9-12 Expungement Forum 7-9	<b>13</b> Work First Group 9-5 CWEP 9-4 Careerling 101: Job Search 11-12 Work Connections GED 10-2 Careerling: Money Matters 11-12 Intro to PC 9-12 PPT/Outlook 9-12 Bankruptcy Forum 7-9	<b>14</b> Work First Group 9-5 CWEP 9-4 Work Readiness Test 9:30-12:30 Better with Tech 9-12 Careerling 102 11-12 PPT/Outlook 9-12	<b>15</b>
<b>16</b>	<b>17</b> Work First Group 9-5 CWEP 9-4 Work Connections GED 10-2 Careerling: Job Search 11-12 MS Excel 9-12	<b>18</b> Work First Group 9-5 CWEP 9-4 Work Connections GED 10-2 MTBI Interpretation 10-11 Careerling: Resumes 11-12 Intro to PC 9-12	<b>19</b> Work First Group 9-5 CWEP 9-4 Employment Lab 9-11 & 1-4, 6-8:30 Employment Lab for Men 6-8:30 Work Connections GED 10-2 Careerling: Interview Skills 11-12 MS Excel 9-12 Family Law Forum 7-9	<b>20</b> Work First Group 9-5 CWEP 9-4 Careerling 101: Job Search 11-12 Work Connections GED 10-2 Careerling: Money Matters 11-12 Intro to PC 9-12 PPT/Outlook 9-12	<b>21</b> Work First Group 9-5 CWEP 9-4 Work Readiness Test 9:30-12:30 Better with Tech 9-12 Careerling 102 11-12 Family Fun Night 5:30-7:30 PPT/Outlook 9-12	<b>22</b>
<b>23</b> <b>Harvest Shoot &amp; A Taste of Autumn Fundraiser</b>	<b>24</b> Work First Group 9-5 CWEP 9-4 Work Connections GED 10-2 Careerling: Job Search 11-12 MS Excel 9-12 Prenatal Parenting 6-8 ITP Parenting 6-8 Parenting in Recovery 6-8	<b>25</b> Work First Group 9-5 CWEP 9-4 Work Connections GED 10-2 MTBI Interpretation 10-11 Careerling: Resumes 11-12 STEP Parenting: School Age 6-8 STEP Parenting: Adolescent 6-8	<b>26</b> Work First Group 9-5 CWEP 9-4 Employment Lab 9-11 & 1-4, 6-8:30 Employment Lab for Men 6-8:30 Work Connections GED 10-2 Careerling: Interview Skills 11-12 MS Excel 9-12	<b>27</b> Work First Group 9-5 CWEP 9-4 Careerling 101: Job Search 11-12 Work Connections GED 10-2 Careerling: Money Matters 11-12 Intro to PC 9-12 Becoming You 6:30-8:30	<b>28</b> Work First Group 9-5 CWEP 9-4 Work Readiness Test 9:30-12:30 Better with Tech 9-12 Careerling 102 11-12 Family Story Time 5:30-7:30	<b>29</b>
<b>30</b>						



# October 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>1</b> Work First Group 9—5 CWEP 9—4 Work Connections GED 10—2 Careering: Job Search 11-12 Quickbooks 6—9 Prenatal Parenting 6—8 ITP Parenting 6—8 Parenting in Recovery 6—8</p>	<p><b>2</b> Work First Group 9—5 CWEP 9—4 Work Connections GED 10—2 MTBI Interpretation 10—11 Careering: Resumes 11-12 STEP Parenting: School Age 6—8 STEP Parenting: Adolescent 6—8</p>	<p><b>3</b> Work First Group 9—5 CWEP 9—4 Employment Lab 9-11 &amp; 1-4, 6-8:30 Employment Lab for Men 6—8:30 Work Connections GED 10—2 Careering: Interview Skills 11-12 Quickbooks 6—9 YFS Prenatal 5:30—6:30 YFS 7—8 Life Skills 101 6—8:30</p>	<p><b>4</b> Work First Group 9—5 CWEP 9—4 Careering: Job Search 11-12 Work Connections GED 10—2 Careering: Money Matters 11-12</p>	<p><b>5</b> Work First Group 9—5 CWEP 9—4 Work Readiness Test 9:30—12:30 Better with Tech 9—12 Careering 102 11—12 Family Fun Night 5:30—7:30</p>	<p><b>6</b></p>
	<p><b>8</b> PSS closed for Columbus Day </p>	<p><b>9</b> Work First Group 9—5 CWEP 9—4 Work Connections GED 10—2 MTBI Interpretation 10—11 Careering: Resumes 11-12 Intro to PC 6—9 MS Word 6—9 MS Excel II 6—9 STEP Parenting: School Age 6—8 STEP Parenting: Adolescent 6—8</p>	<p><b>10</b> Work First Group 9—5 CWEP 9—4 Employment Lab 9-11 &amp; 1-4, 6-8:30 Employment Lab for Men 6—8:30 Work Connections GED 10—2 Careering: Interview Skills 11-12 Quickbooks 6—9 Bankruptcy Forum 7—9 YFS Prenatal 5:30—6:30 YFS 7—8 Life Skills 101 6—8:30</p>	<p><b>11</b> Work First Group 9—5 CWEP 9—4 Work Connections GED 10—2 Careering: Money Matters 11-12 <b>Mammograms</b> 10 a.m.—4 p.m. Intro to PC 6—9 MS Word 6—9 MS Excel II 6—9 Crossroads 6:30—8</p>	<p><b>12</b> Work First Group 9—5 CWEP 9—4 Work Readiness Test 9:30—12:30 Better with Tech 9—12 Careering 102 11—12 Family Story Time 5:30—7:30</p>	<p><b>13</b></p>
	<p><b>15</b> Work First Group 9—5 CWEP 9—4 Work Connections GED 10—2 Careering: Job Search 11-12 MS Word 9—12 MS Word II 6—9 Quickbooks 6—9 Prenatal Parenting 6—8 ITP Parenting 6—8 Parenting in Recovery 6—8</p>	<p><b>16</b> Work First Group 9—5 CWEP 9—4 Work Connections GED 10—2 MTBI Interpretation 10—11 Careering: Resumes 11-12 Intro to PC 6—9 MS Word 6—9 MS Excel II 6—9 Elder Law Forum 2—4 STEP Parenting: School Age 6—8 STEP Parenting: Adolescent 6—8</p>	<p><b>17</b> Work First Group 9—5 CWEP 9—4 Employment Lab 9-11 &amp; 1-4, 6-8:30 Employment Lab for Men 6—8:30 Work Connections GED 10—2 Careering: Interview Skills 11-12 Intro to PC 6—9 MS Word 6—9 MS Word 9—12 MS Word II 6—9 Quickbooks 6—9 YFS Prenatal 5:30—6:30 YFS 7—8 Life Skills 101 6—8:30</p>	<p><b>18</b> Work First Group 9—5 CWEP 9—4 Careering: Money Matters 11-12 Work Connections GED 10—2 Intro to PC 6—9 MS Word 6—9 MS Excel II 6—9 Becoming You 6:30—8:30</p>	<p><b>19</b> Work First Group 9—5 CWEP 9—4 Work Readiness Test 9:30—12:30 Better with Tech 9—12 Careering 102 11—12 Family Fun Night 5:30—7:30</p>	<p><b>20</b></p>
	<p><b>22</b> Work First Group 9—5 CWEP 9—4 Work Connections GED 10—2 Careering: Job Search 11-12 MS Word 9—12 MS Word II 6—9 Quickbooks 6—9 Prenatal Parenting 6—8 ITP Parenting 6—8 Parenting in Recovery 6—8</p>	<p><b>23</b> Work First Group 9—5 CWEP 9—4 Work Connections GED 10—2 Careering: Resumes 11-12 MTBI Interpretation 10—11 Intro to PC 6—9 MS Word 6—9 MS Excel II 6—9 STEP Parenting: School Age 6—8 STEP Parenting: Adolescent 6—8</p>	<p><b>24</b> Work First Group 9—5 CWEP 9—4 Employment Lab 9-11 &amp; 1-4, 6-8:30 Employment Lab for Men 6—8:30 Work Connections GED 10—2 Careering: Interview Skills 11-12 MS Word 9—12 MS Word II 6—9 Quickbooks 6—9 Family Law Forum 7—9 YFS Prenatal 5:30—6:30 YFS 7—8 Life Skills 101 6—8:30</p>	<p><b>25</b> Work First Group 9—5 CWEP 9—4 Careering: Money Matters 11-12 Intro to PC 6—9 MS Word 6—9 MS Excel II 6—9 </p>	<p><b>26</b> Work First Group 9—5 CWEP 9—4 Work Readiness Test 9:30—12:30 Careering 102 11—12 Family Story Time 5:30—7:30 <b>Project 250 Fundraiser</b></p>	<p><b>27</b></p>
	<p><b>29</b> Work First Group 9—5 CWEP 9—4 Work Connections GED 10—2 Careering: Job Search 11-12 MS Word 9—12 MS Word II 6—9 Quickbooks 6—9 Prenatal Parenting 6—8 ITP Parenting 6—8 Parenting in Recovery 6—8</p>	<p><b>30</b> Work First Group 9—5 CWEP 9—4 Work Connections GED 10—2 Careering: Resumes 11-12 MTBI Interpretation 10—11 STEP Parenting: School Age 6—8 STEP Parenting: Adolescent 6—8</p>	<p><b>31</b> Work First Group 9—5 CWEP 9—4 Employment Lab 9-11 &amp; 1-4, 6-8:30 Employment Lab for Men 6—8:30 Work Connections GED 10—2 Careering: Interview Skills 11-12 MS Word 9—12 MS Word II 6—9 Quickbooks 6—9</p>			

# PSS Computer Course Registration Form

**INSTRUCTIONS:** Use this form only if you are an active Project Self-Sufficiency participant registering for one of the individual, instructor-led computer courses. You must complete and return this form, with fee (if applicable), to PSS. Be sure to check the box and fill in the requested information for each class, camp or activity you plan on attending. If you plan on attending more than one computer class, copy the form or write the information on a separate sheet of paper and staple to this form. Please turn your form and payment in at least one week prior to the starting date. Early registration is advised. Forms and payment may be dropped off at the Main Reception desk or mailed in. Checks or cash are accepted; please do not send cash through the mail. Checks should be made out to "Project Self-Sufficiency." Forms can be mailed to. 127 Mill Street, Newton, NJ 07860. **Fee/Refund Policy:** If you cannot afford the fee for a class or activity, please see your PSS Case Manager to discuss options. If you have paid the fee for a class or activity that is canceled by PSS, you must request a refund of the fee through your Case Manager. Otherwise, the fee will be kept as a credit to be applied to a future class. If you are unable to attend a class you have paid for, you must notify PSS at least three business days prior to the start date in order to be eligible for a refund.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Case Manager \_\_\_\_\_

\*Must be a number where you can be reached or a message can be left in case of changes to the class date or time.

**COMPUTER COURSES** *COST: \$10 per participant, per class*

Course Title \_\_\_\_\_

Course Dates \_\_\_\_\_ Time \_\_\_\_\_ Location \_\_\_\_\_

**COMPUTER COURSES** *COST: \$10 per participant, per class*

Course Title \_\_\_\_\_

Course Dates \_\_\_\_\_ Time \_\_\_\_\_ Location \_\_\_\_\_

**COMPUTER COURSES** *COST: \$10 per participant, per class*

Course Title \_\_\_\_\_

Course Dates \_\_\_\_\_ Time \_\_\_\_\_ Location \_\_\_\_\_

Sussex County Department of Environmental and Public Health Services  
**OFFICE OF PUBLIC HEALTH NURSING**



**FLU VACCINE, PNEUMOCOCCAL VACCINE, TETANUS/PERTUSSIS VACCINE  
 Clinic Schedule - Fall 2012**

<b>September 4 (Tuesday) 3-6pm</b> Sandyston Municipal Building 133 Route 645, Sandyston	<b>September 8 (Saturday) 9am-4pm</b> Vernon Senior Center 21 Church St., Vernon	During <b>November and December</b> , the office will be open for flu shots from 2-4 pm on most weekdays. No appointment needed.  Location: Public Health Nursing 201 Wheatsworth Rd, Hardyston GPS Coordinates: +41° 8' 18.64", -74° 35' 45.64"
<b>September 22 (Saturday) 9am-4pm</b> Sparta Senior Center 40 Trapasso Drive, Sparta	<b>September 29 (Saturday) 9am-3:30pm</b> Public Safety Training Academy 114 Morris Turnpike (Route 655), Hampton	
<b>October 10 (Wednesday) 3-6pm</b> Fredon Civic Center 436 Route 94, Fredon	<b>October 13 (Saturday) 9am-1pm</b> Hardyston Middle School 183 Wheatsworth Road, Hardyston	
<b>October 18 (Thursday) 5-8pm</b> Hopatcong High School 2 Windsor Ave., Hopatcong		

**REGISTRATION IS REQUIRED** for scheduled clinics  
**PLEASE CALL FOR AN APPOINTMENT: 973-579-0570**  
 Or REGISTER ONLINE: [www.sussex.nj.us/flu](http://www.sussex.nj.us/flu)

**FEES: 65 years old and older:**  
 FLU VACCINE AND PNEUMOCOCCAL VACCINE ARE FREE for anyone aged 65 and older. **MUST BRING MEDICARE CARD**  
 TETANUS/PERTUSSIS VACCINE: \$35  
**FEES: Under 65 years old:**  
 FLU VACCINE: \$15 PNEUMOCOCCAL VACCINE: \$50 TETANUS/PERTUSSIS VACCINE: \$35

Clinics are available to residents who live in Sussex County  
 Cash or check accepted . . . No credit cards



***Naftal Community Garden @PSS***

Through the generosity of longtime Project Self-Sufficiency supporters Frances Gould Naftal and Marvin Naftal of Flatbrook Farm, a beautiful community garden was established on the PSS campus. This Summer, thanks to some truly wonderful volunteers led by PSS Board Member Rhoda Seider, the garden is officially in bloom! As it is harvested, fresh produce will be made available to PSS participants at no charge!

www.projectselfsufficiency.org  
 (973) 940-3500  
 Newton, NJ 07860  
 127 Mill Street

