## Stress Reduction Techniques Self-Care for Parents & Kids

Project Sussex Kids General Council Meeting Wednesday, October 13th, 10am

Project Self-Sufficiency 127 Mill Street, Newton, NJ 07860

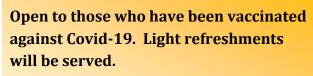


## **Featuring Candace Wu**

**Health Educator** 

Atlantic Health System Children's Health & Goryeb Children's Hospital

Get an Update on Project Sussex Kids Activities— Learn How You can Get Involved



Attendance via Zoom available.

*Call 973-940-3500 for log-in details.* 









