

# 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*

Open to those who have been vaccinated against Covid-19. Light refreshments will be served.

Attendance via Zoom available.

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



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