



Building Better Connections

Welcome Two New Programs to Family Promise of Sussex County

Mobile Outreach Program

Through this program, Mobile Outreach staff collaborates with community-based service providers, as well as community members, to locate, build rapport with and help connect services to the unsheltered or at-risk people in remote and hard to reach areas of Sussex County. When an unsheltered individual is located, Mobile Outreach staff conducts an initial face to face outreach and, with the consent of the individual, begins the process of navigating the social service system and connecting them to the appropriate resources to regain housing stability and sustainability.

Eviction Diversion Program

This program provides wrap-around assistance to renters facing eviction in Sussex and Morris Counties. Our Resource Navigators support at-risk households by providing access to housing resources, advocating on their behalf in the court system while also working closely with legal services, landlords and community-based organizations to prevent an eviction and restore stable and sustainable housing.

If you or someone you know could benefit from either of these programs, please call 973-579-1180 to begin an assessment.



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FPSC Auction



Family Promise of Sussex County
"Bid with Us to Build a Better Future"
Live Auction Fundraiser

FRIDAY, JUNE 2, 2023 | NEWTON COUNTRY CLUB
5:30PM - 9:30PM | 25 CLUB ROAD NEWTON, NJ



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FPSC would like to express our sincere gratitude to all who attended our "Bid with Us to Build a Better Future" Live Auction Fundraiser. Your presence and participation were genuinely appreciated. We hope you found the event as memorable, enjoyable, and successful as we did. We value your support and look forward to seeing you at many future events to come. Family Promise is fortunate to have such a generous community of supporters like you!

Events at FPSC

Pop-Up Thrift Shop with Nick's Hope



Sussex County Chamber of Commerce 2023 Business Expo

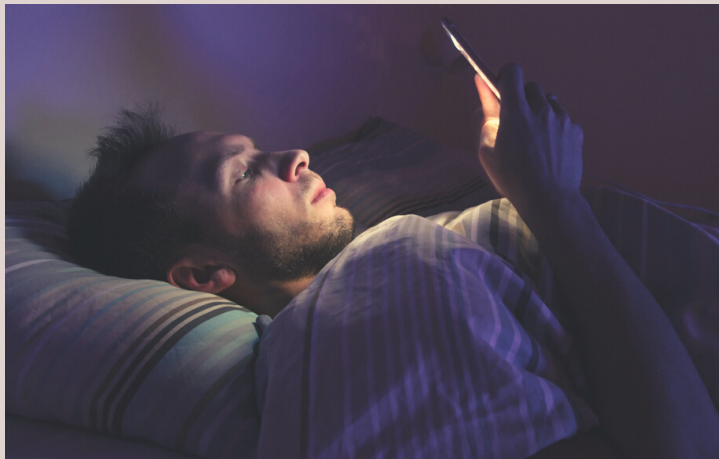


Newton Day 2023



Pathways to Progress

B.G. was finally in stable housing after three years of being unhoused. During that period of homelessness, he became so used to sleeping upright, that to now sleep in a bed was deeply uncomfortable. With the help of his case manager, B.G. was able to set a goal of sleeping in a bed once a week. Not only has that goal been reached, but B.G. can now sleep in his bed nearly every night.



J.F. came to FPSC due to a pair of setbacks: an unsafe living situation and the loss of his job. After working with his case manager for the past 8 months to increase his income, rehab his credit score, and learn how to budget better, he will "graduate" from his housing program early. He and his partner are now able to buy a house!

R.S. found herself unhoused, with a toddler and newly pregnant, after fleeing from an abusive home. She was on the waitlist to receive a Section 8 housing voucher, but unable to afford a new place to live during that wait. FPSC was able to support R. by providing a security deposit and helping her find a suitable apartment. She and her child are now safe and living in stable housing.



THESE PHOTOS ARE STOCK IMAGES AND DO NOT REPRESENT ACTUAL CLIENTS OF FPSC

Pathways to Progress



L. B. was spotted living in her vehicle in a parking lot. When FPSC's Mobile Outreach team made contact with her, it was discovered she had been experiencing homelessness since August 2022. Outreach specialists were able to get L. B. connected to the appropriate services and 15 days later she went from unsheltered to housed.

The Mobile Outreach team was given a tip from the community to check a local park where it was thought that two people were living unsheltered. Within 24 hours, our team had made contact with these individuals and had begun the process of building a connection with them and finding out which resources would be the best fit. This is a perfect example of how the Outreach program works.



The Utility Specialists held an outreach event at a senior living community to educate the residents about utility benefits for which they are eligible. Programs for utility assistance are especially helpful for seniors as most are living on fixed incomes and have a hard time adjusting their budgets for increasing utility costs. The interest in utility assistance was so high, that the team returned and created over 30 new applications for utility programs.

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Did you know...

The Perseid meteor shower peaks in mid-August, and is considered the best meteor shower of the year.

The Perseids are best viewed in the Northern Hemisphere during the pre-dawn hours, though it is possible to view meteors as early as 10 p.m. In 2023, the Perseids will peak on the night between Aug 12–13.

Their radiant – the point in the sky from which the Perseids appear to come – is the constellation Perseus. This is also where we get the name for the shower: Perseids.

Special equipment or skills aren't necessary to view a meteor shower. All you really need is a clear sky and patience, but these tips can help:

- Find a secluded viewing spot.
- Bring a blanket or a comfortable chair with you—meteor watching can be a waiting game.
- Lie down on the ground and look at the sky; the higher the radiant is above the horizon, the more meteors you are likely to see.

www.solarsystem.nasa.gov/www.timeanddate.com



Citrus Thyme Punch

From My Diary of Us

Ingredients:

- 3/4 Cup of freshly squeezed citrus juice (about 2 grapefruits, 2 navel oranges, and 4 blood oranges, you can use whatever variety you have on hand)
- 1/4 - 1/2 Cup of Thyme Simple Syrup
 - To make thyme simple syrup: Bring 4 sprigs of fresh thyme, 1/2 Cup of agave nectar, and 1/2 Cup of water to a boil and then cool and strain.
- 4 Cups of water
- Soda water or sparkling water for topping

Directions:

- Combine citrus juice, thyme simple syrup, and water in a pitcher. Refrigerate.

When ready to serve, pour over ice and top off with soda water or sparkling water.

Serves 2-4



We welcomed a group of volunteers from JCP&L who participated in United Way's Annual Day of Caring. On and around June 21, thousands of people across the globe took action to improve their communities by volunteering with United Way. United Way then reached out to Family Promise of Sussex County to see if we had a project for them. We sure did! The three volunteers got right to work, helping us prepare for an upcoming pop-up thrift shop. They carried boxes, sorted and organized books, clothing and toiletries, and then helped shred documents.

A few months ago, we received a call from the new T-Mobile location in Franklin inquiring whether we had any volunteer opportunities for their workers. We were happy to have the assistance of two T-Mobile volunteers at the pop-up thrift shop event. A few extra helping hands never hurt!

If your company has an opportunity to give back please reach out to Family Promise of Sussex County. We have so many projects we could use assistance with and as the saying goes "many hands make light work".

Contact Mike Nebbia at mnebbia@familypromisesussex.org
973-579-1180 x1008



5 Senses
To Help Manage Stress

1 Sight
Look at a cherished or favorite photo. Find an area with natural light. Surround yourself with warm or cool colors.

2 Smell
Enjoy clean, fresh air. Smell your favorite flowers. Light your favorite candle. Try different scents of aromatherapy to help de-stress.

3 Taste
Indulge in a small piece of dark chocolate. Enjoy a healthy, crunchy snack. Sip some hot tea.

4 Touch
Wrap up in your favorite blanket. Soak in a hot bath. Pet a dog or cat. Give yourself a neck or hand massage. Wear soft clothing.

5 Sound
Tune in to a nature soundtrack to hear the soothing sound of running water. Listen to uplifting music. Sing along to your favorite songs.



Intentionally focusing on the five senses (hearing, touch, smell, taste, and sight) can offer quick relief from many different mental health conditions. This technique, which is often referred to as "grounding", is a strategy that "grounds", or connects, you to the present moment, interrupting feelings of stress or anxiety. Grounding is a form of mindfulness, and it has been shown that mindfulness-based exercises can ease symptoms of anxiety, depression, and pain.

To begin grounding, you want to focus on identifying one example of each sense that you can identify in the current moment. Focusing on each sense before moving to the next. Try grounding yourself as soon as you realize you're experiencing stress or anxiety, or simply just a difficult mood. Don't get discouraged if it takes a few attempts before this method is successful. As with any new skill, practice will help.

Source: www.psychcentral.com/anxiety/using-the-five-senses-for-anxiety-relief#grounding-exercises-for-anxiety

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We'd like to recognize the major sponsors of our "Bid to Build a Better Future" Auction. We are so happy to have your support.



Bombas just reached 100 million clothing items donated! As a Giving Partner, we're proud to help them mark this milestone as they're bringing more compassion into the conversation around homelessness.



We are proud to be the recipient of an award of \$1,000 from the Starbucks Foundation as part of their Neighborhood Grants program. Thank you to the Starbucks Partners who nominated us.

Thank you

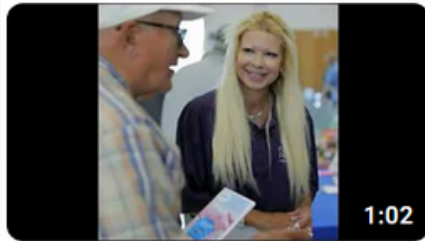


We are now on YouTube!

Family Promise of Sussex County is proud to share that we now have a YouTube Channel. We are so excited to be able to share more content about the agency and our services to an even larger audience. Our current videos highlight our programs, outreach events, our agency events and fundraisers. Please like, subscribe and share! One of the best, and easiest, ways to support the agency is to help share the message of what we do at FPSC. Our supporters are our best advertising.



2023 Newton Day



2023 Sussex County Business Expo



2023 Auction



Yield Giving Open Call



Eviction Diversion

Scan the QR Code to subscribe to the FPSC YouTube channel or type this URL into your browser:
www.youtube.com/@FamilyPromiseSussexCounty

