

JEWISH FAMILY SERVICE OF METROWEST PRESENTS



# BEATING THE ECONOMY: FINANCIAL WELLNESS WORKSHOPS

*Tools for Living Well  
in Tough Times*

*How to Beat the Holiday Blues without a lot of Green:  
What's Really Important*

**TUESDAY, DECEMBER 8, 2009 • 7:00 PM – 9:00 PM**

JCC MetroWest, Schofel Conference Room, 760 Northfield Road, West Orange

*All workshops are FREE and OPEN to the entire community.*

- Myths and realities about the Holiday Blues
- Exploring values and attitudes about money and material wealth
- Maintaining an attitude of gratitude while living within our means

Facilitated by **Betty Jampel, LCSW**, Jewish Family Service of MetroWest

**Pre-registration is required.**

Please call Sylvia Heller at 973-765-9050 x 262 or email [sheller@jfsmetrowest.org](mailto:sheller@jfsmetrowest.org)

— FUTURE WORKSHOPS —



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with generous support from  
MetroWest HELPS of UJC MetroWest*



**TUES, MARCH 23, 2010**

*"Keeping Hope Alive: How to Stay  
Motivated through Long Term  
Unemployment"*

Co-sponsored with  
Jewish Vocational Service

**WED, JUNE 9, 2010**

*"Talking Money with Family:  
Maintaining Healthy Family  
Relationships when Money is Tight"*