

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

— FUTURE WORKSHOPS —



*The workshop series has been funded
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"*