

Holiday Survival Guide: Food, Family & Finances

The source of holiday stress is simple: when it comes to time, money and social and family commitments, most of us try to do too much. In this workshop, we will identify the primary culprits leading to holiday stress and review practical strategies to address each. Topics will include:

- Tips for how not to get stuffed during the holidays
- When your family isn't exactly a Hallmark card
- Reinstating the draft
- Putting first things first
- Make a list and check it twice
- Presence precedes presents