

# My Affair with Shopping

A support group for women

## FINANCIAL FITNESS™

Hamilton

Catholic Family Services is hosting a support group for women who struggle with their shopping habits.

- Do you shop when you're stressed?
- Are your shopping habits affecting your family?
- Do you want to take control of your money?



If these issues affect you, our Financial Fitness and Family Counselling staff encourage you to join our women's group, which will run for six sessions. Child care will be provided upon request.

**Location:** Catholic Family Services  
447 Main Street East, Unit 201, Hamilton

**Time:** Wednesday evenings 6-7:30pm.

**Cost:** \$30 for the group (6 sessions)

## Commencing Wednesday February 22, 2012

To register for this group, please contact 905-481-2033. Spaces are limited so register early to avoid disappointment.

NO PAIN. ALL GAIN.™