

# Your Money *AND* Your Life

*"It is a rare gift to have enough money. With it comes significant challenges."*

*-Michael Tucci*

**When:** For your convenience both evening and daytime groups are available.

Tuesday Oct 28th-Dec 2nd  
6:30 PM-8 PM

Thursday Oct 30th-Dec 4th  
11:30 AM-1 PM

**Where:** Lexington Advisors  
1666 Massachusetts Ave  
Lexington, MA 02420

**Cost:** \$399 for 1 pre-group interview and 6 sessions

**What else:** Groups are limited to 8 members

**For further information** about this group or individual meetings, or to arrange a screening interview, **call Szifra (SHifra) at 781-942-2130 or at Lexington Advisors 781-860-7745.**



**A place to talk openly about money** without concerns about jealousy, scorn or ridicule. A rare chance to be with others in similar financial circumstances and discover how to confront the challenges and make the best use of the opportunities of wealth.

## Is this group for me?

"I wish there were people I could talk to about my real needs and wants."  
"I wonder if I should be doing more or less financially for my children."  
"I am really stuck around how to deal with money."  
"I don't know what to do with my life."  
"My friend/relative is struggling and I always think I should help."  
"My spending may be out of control."

This group may be the first time you have the freedom to speak openly about what it is like to have money, to inherit family money or come in to wealth. It can be a relief to finally say what you feel and receive support and suggestions.

Facilitator: **Szifra Birke, LMHC, CADAC**

Szifra has been facilitating groups for over 25 years, helping individuals come to terms with changing life circumstances. Her work has been featured by PBS's Bill Moyers, as well as the *Boston Globe* and on numerous local and national radio and TV programs. Szifra is the author of *Together We Heal: A Real Life Portrait of Group Therapy*.

