



the resilient kitchen

Join us: At the Resilient Kitchen beginning Monday January 20th for the first of six consecutive weekly workshops 7-9pm

RSVP: e-mail to resilientkitchen@gmail.com

Cost: Free
Donations are appreciated

Registration: 20 participants limit for this workshop

More about Pamela Scaiff:

<http://transitiontoresilience.blogspot.ca>
www.resilientwallet.com

More about our workshops:
resilientkitchen.wordpress.com

More about Transition Ottawa:
transitionottawa.ning.com

The Resilient Kitchen, Transition Ottawa presents // **Your Resilient Wallet**

**Managing your limited finances while living sustainably
With Pamela Scaiff & “experts”**

Workshops, every Monday from 20th Jan - 24th Feb 2014, 7-9pm

It is not unusual at the start of a New Year to ponder changes to our lifestyles which will help us feel more fulfilled. Increasingly though, our financial security "appears" to be at odds with living lightly and sustainably. The Resilient Kitchen is very pleased to welcome back Pamela Scaiff, a major contributor to our presentations since our inception three years ago!

During this time, Pamela has been fine tuning and lowering her family's carbon footprint on limited financial resources while keeping her family well housed, warm, fed, clothed and happily recreationally engaged. No small feat and not without its snags but Pamela has learned lots and is ready to share.

This series of six workshops aims to address specific topics of living ecologically and within our personal financial means. Pamela and her panel of six "experts" will share methods which will stimulate conversation, discussion and idea "take-aways" for you to initiate in your sustainable lifestyle.

Organized by Transition Ottawa: "Building community resilience in a changing world". Resilient Kitchen gratefully acknowledges CCOC (Centretown Citizens Ottawa Corporation) for its support of the workshops.

FREE WORKSHOPS, DONATIONS APPRECIATED | RSVP: resilientkitchen@gmail.com | resilientkitchen.wordpress.com