



**FOR IMMEDIATE RELEASE**

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**GOODWILL'S HELMS ACADEMY ANNOUNCES NEW SLATE OF FREE FALL WORKSHOPS**

**Stratford, NJ – (October 22, 2014)** – Goodwill's Helms Academy has announced its fall slate of FREE workshops designed to help local residents improve their health and bolster their professional careers.

These free workshops are made possible through a partnership between Goodwill and A Better Me, an initiative of the Improving Pregnancy Outcomes Program of Southern New Jersey Perinatal Cooperative funded by the NJ Department of Health/Division of Family Health Services.

All workshops take place at The Helms Academy (222 S. White Horse Pike) in Stratford, NJ on the following dates from 1 – 2pm.

- **Stress Management (Thurs., Nov. 6)**  
Participants will learn about the effects stress has on their mind, body and behavior and learn different techniques for managing stress.
- **Goal Planning (Thurs., Nov. 20)**  
Setting S.M.A.R.T goals and strategies for achieving personal goals through fun interactive activities will be covered.
- **Financial Management & Planning (Thurs., Dec. 11)**  
This workshop goes beyond basic budgeting and teaches participants positive solutions to help them improve their financial well-being,

Reservations are not required for these workshops. First come, first serve for seating. For more information, please call 856-566-5375, ext. 3.

In addition to its on-going workshop series, The Helms Academy, operated by Goodwill Industries of Southern NJ & Philadelphia, offers free general adult education and employment services that help individuals fulfill the necessary academic requirements to get their high school diploma while simultaneously earning college credit. Classes are offered both during the day and in the evening. Many courses are also available to participants online 24-7. Adults 18 and older who have left traditional secondary education and are unable to return due to age and/or circumstance are encouraged to apply. Students are accepted into the Academy on a rolling basis as space is limited.

A nonprofit, community-based organization, Goodwill Industries of Southern New Jersey & Philadelphia's mission is to put people with special needs to work. The mass collection and resale of donated goods in Goodwill's 20+ area retail stores fund job training and career services that prepare individuals with disabilities and disadvantages for competitive employment while contributing to America's recycling efforts. Currently, Goodwill operates employment training centers in Maple Shade, Pennsauken, Stratford and Philadelphia. For more information on Goodwill, please visit [www.goodwillnj.org](http://www.goodwillnj.org) or call 856/439-0200.