



Buried in Treasures Anti-Clutter Group

Meets Tuesdays, 4:30 to 6:00 p.m.

Begins October 20th and runs approximately 15 weeks.

Bedford Town Center, Fitch Room, 2nd floor

Led By: Sarah Dowal, LCSW

Do you have trouble getting rid of objects? Do you find it is difficult to move around your home due to too many items in the way? Have others commented on the state of your home? If so, you may be struggling with a hoarding problem. If you are interested in attending this 15 week support and skill building group, please call the number listed above. Participants may be responsible for a minimal fee to cover cost of the book and materials, based on a sliding fee scale and ability to pay.

Call 781-275-7727 or 781-275-6825 if interested in participating or have questions

Participant Objectives

- Support from peers who are non-judgmental and may share some of your symptoms
- Receive encouragement and confidence that you can achieve your goals
- Learn skills to help manage your distress in getting rid of items
- Practice strategies to help you create a safe and comfortable home environment

Sponsored By: Bedford Hoarding Task Force and funded in part by a Lee Manillo grant from Mass Housing, Boston