

Online Clutter Reduction Skills &

Support Group

November 2021 - June 2022

Is Clutter...

Taking over your home or work space?
Creating safety problems in your home?
Affecting your life and relationships?



Bi-Weekly

Online

Support

Group

Thursdays 6:15 -
7:30PM

16 sessions, every
other week starting
November 4, 2021

- Revisit information learned about hoarding and cluttering behavior
- Receive support and motivation among others with similar concerns
- Use "Buried in Treasures," by Tolin, Frost, & Steketee to learn more about managing clutter
- Recommended: Computer or mobile device with internet and headset (or earbuds)
- Seats are limited and pre-registration is required by October 28th to hold your seat

Who is this group for?

Are you a past participant in a Buried in Treasures group (online or in-person) or a CBT for Hoarding Disorder group (online or in-person)? Are you seeking ongoing support to continue the progress you made to reduce clutter during your past group experience? If so, [please sign up!](#)

**Call (857) 308-4644 to register or visit
SouthShoreCRC.org to learn more**

**Brought to you by the Scituate Hoarding Response
Team and MassHousing**