

Are you BURIED IN TREASURES?

Would you like to learn tips on how to **de-clutter** and **stop over-acquiring** from people who know what it's like?

Join us for this group created by and for people who are ready to live a life less-cluttered!

Grace Church

7393 Pearl Rd, Middleburg Heights, OH 44130

Fridays at 1:00pm

Beginning September 15, 2017

Each week we'll either discuss a skill from the book, **Buried in Treasures**, or discuss a topic that is important and interesting to the group. We'll also check-in with our individual progress, challenges, successes, and goals. This group offers a judgment-free environment for people ready to make a change in their life.

Sign up now!

216.791.8000

Sign up online at:

www.hoardingconnectioncc.org

Or email info@benrose.org



Buried in Treasures is an action-oriented peer-led treatment group. The facilitated group is highly structured and time-limited, consisting of 15 sessions. Each session focuses on a chapter in the book, *Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding*. The sessions are facilitated by a nonprofessional who may have (or have had) hoarding disorder or a special interest in it. Activities include discussion of each chapter, exercises from the book dealing with acquisition, discarding, and disorganization, and homework between sessions. Research by Randy Frost and colleagues indicates that up to 73% of participants are much or very much improved by the end of the group.