

# Buried in Treasures?

**You're not alone. Help is available!**

An online Buried in Treasures Workshop (vBIT) is forming now! Join peer facilitators Lee Shuer and Becca Belofsky for this evidence-based self-help group for people motivated to understand and manage their excessive acquiring, saving, and clutter. Whether you consider yourself a person with hoarding disorder, an overwhelmed creative, an archivist, clutter bug or collector, vBIT is for you!

## Requirements to participate:

- ✓ A private location, reliable internet connection and webcam to join us on Zoom.
- ✓ Ability to use Google Docs.
- ✓ A personal copy of *Buried in Treasures*, 2<sup>nd</sup> edition.
- ✓ Attend every Thursday from 1 to 3 PM for 16 weeks beginning Feb. 25th and ending June 10<sup>th</sup>. The 1<sup>st</sup> session is required.
- ✓ This group is exclusively for people working on their own recovery, not for family, friends, or service providers.
- ✓ You are a MA resident living in Berkshire, Hampshire, Hampden, or Franklin County.
- ✓ There is no fee for this workshop.



**The Western Mass Hoarding Disorder Resource Network** is sponsoring this program. To download an application, or to request more information, visit [www.mutual-support.com](http://www.mutual-support.com).