



Do you have too many items in your home?

Can't clean it up, but want to maintain control of your stuff?

ClearPath Program can help!

Millions of people suffer in cluttered homes. Homes become dangerously cluttered when too many items are brought into the home, or when too many items are saved. You can win your battle with clutter by learning and practicing new skills during workshops and peer groups. Additionally, personal coaches can accelerate your progress towards decluttering your home.

ClearPath's workshops and groups meet weekly by video call. Groups use the book *Buried in Treasures* by Tolin, et al. and are open to new members during the beginning of October, 2020.

ClearPath clutter coaches can help you to implement new skills that you learn in *Buried in Treasures*. Coaches create and help guide you through an attainable, personalized decluttering plan that keeps you in control of the clearing process. The ClearPath home services team can also assist with practical matters such as donating items, organizing paperwork, and creating systems so clutter does not re-accumulate after the home is cleared.

- **ClearPath's Buried in Treasures weekly workshops and peer groups:** Groups of 8-15 people begin during the week of October 5, with daytime or evening meeting times. Each group meets for 16 weeks for 90-120 minutes each session. There is no charge to attendees who live in Massachusetts except for a \$20 book fee.
- **Family Support Group** – On the last Wednesday of each month from September through June, friends and family members of clutterers and hoarders meet at 7-8 pm.
- **ClearPath clutter coaching** – Call for more information or for pricing.

Information sessions will be held September 28 and 29.

Call or text (508) 658-2880 for information or to register

To find out more, or keep up to date on ClearPath groups, visit

<http://strongcommunity.org/clearpath-hoarding/>