

# WORKSHOPS & SUPPORT GROUPS



Summer 2022

## ClearPath™ Program

*Peer supports and workshops help many people who have cluttering tendencies or hoarding disorder. About one in twenty people have cluttering tendencies, and help is available among peers where you can find hope for making positive changes in your habits and in your home.*



*Clutter accumulates due to excessive acquisition of items, and from saving too many items. These habits can be addressed by learning and practicing new skills while in a peer group.*

*ClearPath's groups meet weekly on Zoom. Sessions are usually 90 minutes.*

- **“Buried in Treasures” Workshop** – Starting in September. BIT Groups use the book *Buried in Treasures* by Tolin and are open for only a few weeks to new members. Groups are offered at no charge to the attendee except for a \$20 book fee. (15 Weeks)
- **CBT for Hoarding Disorder** – starting July 12, Tuesdays at 6:00 pm. This will be a practice-based workshop that uses the skills you have learned from the *Buried in Treasures* workshops. (15 Weeks)
- **Less is More** - starting June 23, Thursdays at 6:00 pm. This is an asset building workshop where we will discuss different topics every week related to acquiring. Participants must attend all sessions. (4 Weeks)
- **Decluttering Group for BIT Graduates** – Meets Monday mornings and Friday afternoons. In this group we will keep you accountable to your goals while you actively declutter.

**Sign up now!**

**Call or text (508) 658-2880 or email  
[ClearPath@Strongcommunity.org](mailto:ClearPath@Strongcommunity.org) to register.**

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