



Support Groups and Workshops

Fall 2021

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 workshops and groups meet weekly by video call. The BIT workshops use the book *Buried in Treasures* by Tolin, et al. Groups are offered at no charge to the attendee except for a \$20 book fee. Workshops are open for only a few weeks to new members.

- **Peer Support Group for BIT Graduates** – starting August 24th, Tuesdays at 4:00 pm.
- **Buried In Treasures Workshop** - starting September 8th, Wednesdays at 6:00 pm.
- **CBT for Hoarding Disorder** - starting September 17th, Fridays at 3:30 pm.
- **Non-Acquiring Workshop** – starting October 28th, Thursdays at 6:00 pm.
- **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 pm.

**Call (508) 658-2880 or email us at
ClearPath@Strongcommunity.org to register!**

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

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

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