

Are your possessions taking over your home?  
Is clutter affecting you at home, work, or in your relationships?  
Does your clutter create safety issues in your home?  
Are you embarrassed or ashamed to have people in your home?

If you can answer “**YES**” to any of these questions,  
there is help and support for you!

## North Shore Center for Hoarding & Cluttering

*Non-judgmental Support for Individuals & Families Struggling with Clutter*

# De-Clutterer's Group

**8-week Group Sessions – held remotely**

Tuesday, February 23 – April 13, 2021  
1:30-3:30 p.m.

Thursday, February 25 - April 15, 2021  
10:00 a.m.-12:00 noon

**Space is limited & pre-registration is required.**

For more information or to register, contact Karen Sullivan, MSW, LICSW,  
Clinical Hoarding Specialist at 978-624-2257 or [ksullivan@nselder.org](mailto:ksullivan@nselder.org).

There are no age or geographic restrictions as our sessions are held remotely.  
The fee for the 8-week session is \$250 which may be covered in part by your insurance.  
Participants are responsible for any co-pays or co-insurance not covered by their insurance.

*The North Shore Center for Hoarding & Cluttering is sponsored by  
Elder Services of the Merrimack Valley and North Shore*