

8 Week Online Coaching for Decluttering Success Group

August 6 – September 24, 2020

This group is for you if you ...

- Have a friend or loved one who is seeking decluttering assistance.
- Would like to learn more about hoarding and how coaching can help.
- Are age 60+ (or are a caregiver for someone age 60+) and reside in ... Braintree, Cohasset, Hingham, Holbrook, Hull, Milton, Norwell, Quincy, Randolph, Scituate, or Weymouth.

THURSDAYS

6:30 p.m. – 8:00 p.m.

Online Group Meetings:

Starting August 6th

Weekly meetings through September 24th



FORMAT:

Join our clinician-facilitated, weekly group sessions in an online meeting space connected by video and audio.

Participants will read and complete exercises based on the book, *Digging Out*.

- Learn more about how to help to manage the problem of hoarding.
- Find support and motivation among others who may have similar concerns.
- Participants will receive a copy of *Digging Out – Helping Your Loved One Manage Clutter, Hoarding & Compulsive Acquiring* (Tompkins & Hartl, 2009) and coaching-related handouts to read.
- Commitment to attend all sessions is requested.
- Completion of pre and post questionnaires by phone interview is required.
- Group is open to residents of Braintree, Cohasset, Hingham, Holbrook, Hull, Milton, Norwell, Quincy, Randolph, Scituate, or Weymouth and is offered free of charge.
- Required: Computer or mobile device with internet and headset (or earbuds) for audio.
- Seats are limited and pre-registration required to attend.

Please visit www.SouthShoreCRC.org to sign up!

Brought to you by the Town of Scituate Hoarding Project – South Shore Clutter Reduction Collaborative in partnership with Boston University School of Social Work and with generous support from South Shore Elder Services.