

Buried in Treasures

A Group Work Program for People with Hoarding Behaviour/Clutter



This group offers a judgement free environment for people ready to make a change in their life.

- Would you like to learn tips on how to de-clutter?
- Join us for this group for people who are ready to live a life less cluttered!
- Each week we'll either introduce a new skill from the book, *Buried in Treasures*, or discuss a topic that is important and interesting to the group. This is a 15 week course.
- We'll also check in with our individual progress, challenges, successes, and goals.

Dates: 16 March to 20th July (not including Public Holidays)

We will meet at **TBA** every Monday from 1pm-3pm.

Cost: \$20.00 for the workbook **Referrals close: 6th March 2020**

For referrals or more information in the Whitehorse, Monash, Manningham and Boroondara areas please contact the facilitators:

Jenny Parbery from Mind on 043 6287 167

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