

GOT TOO MUCH STUFF?? NEED TO DOWNSIZE?

- Are there stacks of paper in nearly every corner of your house?
- Are your closets, cupboards and other storage areas overflowing with stuff?
- Is it difficult to use your kitchen or bathroom utility areas? (counters, stove, sink, etc.)
- Do you struggle with letting things go?
- Do more items come into the home than go out?
- Does it take a long time to find a particular item or important document in your house?
- Are you embarrassed to have someone come into your home?
- Do you want to declutter but are overwhelmed on where to begin?



If you can answer 'yes' to one or more of these questions, then our 15-week virtual *Buried in Treasures* (BIT) Workshop may be for you. This is a relaxed, non-judgmental program that teaches you how to build insight, skills and strategies to help declutter, get organized and reduce acquiring. The program addresses all clutter levels from just a few messy areas, to excessive collecting, to hoarding tendencies/disorder.

- ❖ Class size – Up to 15 students (18 yrs +) and 2 facilitators
- ❖ When – Every Wednesday night starting September 1st, 2021 on Zoom
- ❖ Time – 6pm to 8pm
- ❖ Cost – \$10 for the BIT workbook
- ❖ Open to all Massachusetts residents

**Please call or email April Hunt with any questions or to register.
978-251-0533 x 6171 or ahunt@chelmsfordma.gov.**

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