

Are you BURIED IN TREASURES?

Would you like to learn tips on how to **de-clutter**

and **stop over-acquiring** from people who know what it's like?



Join us for this group created by and for people who are ready to live a less-cluttered life!

A Buried in Treasures Group is forming at:

Middleburg Heights Community Church of Christ,

7165 Big Creek Parkway, Middleburg Heights, OH 44130

Sessions start Tuesday, October 8th, 2019 at 7:15pm-8:45pm

Each week we'll either discuss a skill from the book, **Buried in Treasures**, or discuss a topic that is important and interesting to the group. We'll also check-in with our individual progress, challenges, successes and goals. This group offers a judgment-free environment for people ready to make a change in their life.

216.791.8000

Sign up online at:

www.hoardingconnectioncc.org

Or email info@benrose.org

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Buried in Treasures is an action-oriented, peer-led treatment group. The facilitated group is highly structured and time-limited, consisting of 15 sessions. Each session focuses on a chapter in the book, *Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding*. The sessions are facilitated by a nonprofessional who may have (or have had) hoarding disorder or a special interest in it. Activities include discussion of each chapter, exercises from the book dealing with acquisition, discarding and disorganization, and homework between sessions. Research by Randy Frost and colleagues indicates that up to 73% of participants are much or very much improved by the end of the group.