



Buried in Treasures Workshop

*Are you one of the many people who struggle with acquiring, saving and keeping too much stuff?
This FREE self-help support program is for you!*

16 Week Virtual Group starts Monday October 18th

About the Workshop

- 16 weekly 2 hour sessions, Mondays from 12:00-2:00pm
- Led by trained peer facilitators
- Structured group discussions, activities and homework
- Follow evidenced strategies from the "Buried in Treasures" workbook(provided)

It's about more than just "the stuff"

- Learn about how and why we collect
- Explore practical ways to manage belongings
- Work on overcoming common challenges that get in the way of reducing acquiring and discarding
- Work at your own pace to take steps towards improving your quality of life
- Celebrate choices in a supportive peer environment

Space is limited! To register or learn more, please contact Kera Magarill at 720-210-8481 or email kera_magarill@co.washington.or.us