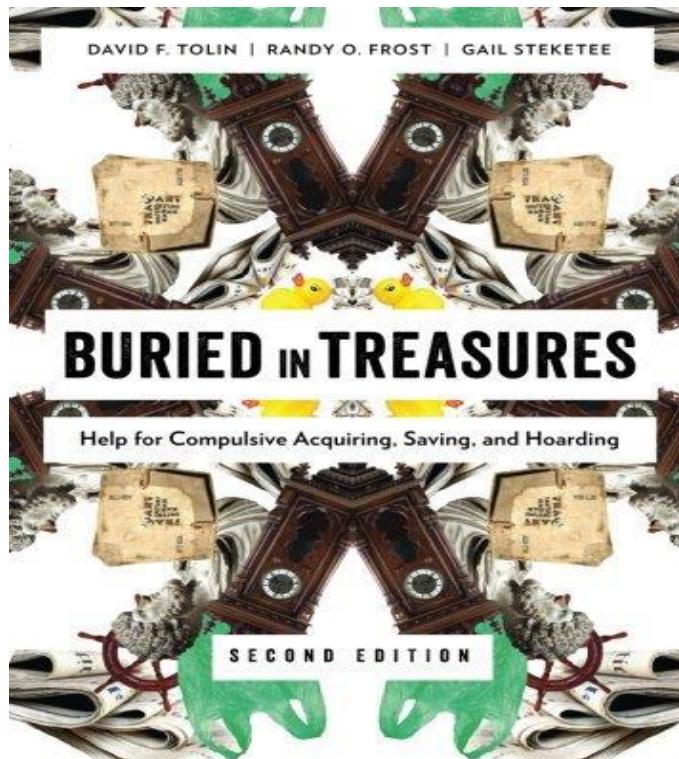


BURIED IN TREASURES SUPPORT GROUP



A SELF-HELP AND SUPPORT GROUP FOR PEOPLE WHO HAVE TOO MUCH STUFF

Would you like to learn tips on how to de-clutter and stop over-acquiring with people who know what it's like? Join us for this group created by and for people who are ready to live a life less-cluttered! For **16 weeks we'll meet for 90 minutes** to discuss skills from the book, *Buried in Treasures*, and complete challenging and rewarding exercises. We'll also check-in with our individual progress, challenges, successes, and goals.

Location Information:
ONEgeneration Senior Enrichment Center
18255 Victory Blvd
Reseda CA 91335

Wednesdays starting January 8, 2020 to April 22, 2020
Time: 1:00pm-2:30pm

Facilitators: Alisa Aslanyan-Zamora, LCSW and Thomas Booth, LCSW

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

First group begins on January 8, 2020 (16 weeks)

If interested please contact facilitator Alisa
at 818-407-3200 to arrange orientation.