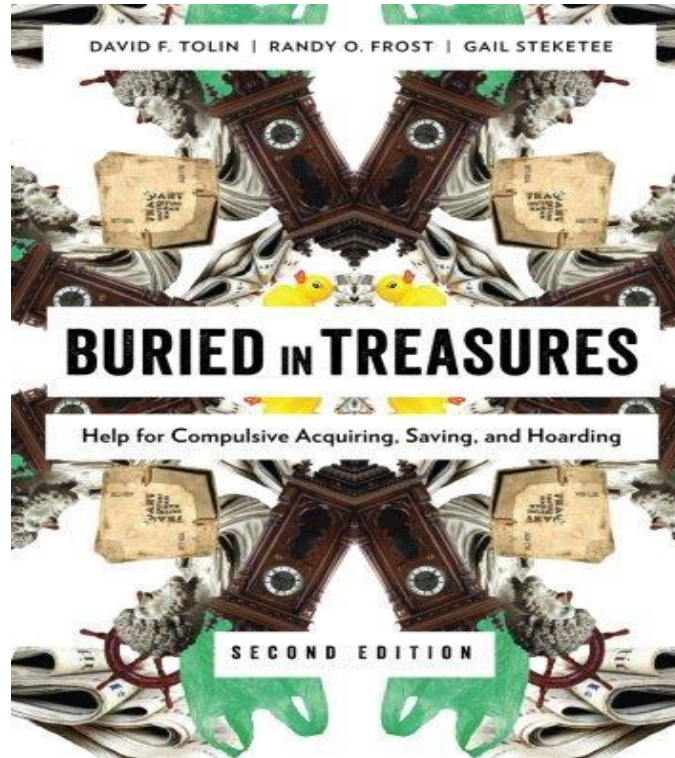


# BURIED IN TREASURES SUPPORT GROUP



## 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.