



Buried in Treasures / Clutterer's Support Group Clutterer

Beginning Wednesday

February 12, 2020

1:00 PM– 3:00 PM

The Buried in Treasures Workshop is a 15-week program for two hour sessions weekly. This self-help group for people who accumulate and save more stuff than they have room for. The sessions for this workshop are highly structured, focusing on material from Tolin, Frost, and Steketee's book "Buried in Treasures." Homework for each week includes readings and exercises from the BIT, as well as, goal setting. Research has indicated that participation in the BIT workshop decreases symptoms of hoarding, helps reduce clutter, and improves people's ability to use their homes.

To register call Linda Colby at 508-394-7606 X1337

Yarmouth Senior Center
528 Forest Road
W. Yarmouth, MA 02673