



TIHC MONTHLY GATHERING

Thursday May 8, 2025

1:00-2:30 PM on Zoom

BURIED IN TREASURES: USING PEER SUPPORT AND CONNECTION TO HEAL FROM CLUTTER

Led by Lee Shuer

Join us for this often hidden topic at our next meeting on May 8. Lee Shuer will lead a discussion looking at how we deal with our attachment to things; what happens when we bring a trauma informed lens to it rather than seeing a mental health illness?

Trauma is often at the root of our inability to let go or to hold on even when it hurts us or others, and this meeting is an opportunity to deepen our understanding and compassion of this common and challenging issue.

Lee will share his experience of using a trauma informed and peer support model to help people who want to regain control of their collections/clutter and their wellbeing.



Lee Shuer is a certified peer specialist, co-founder of Mutual Support Consulting and co-author of "The Buried in Treasures Workshop Facilitators Guide" with Dr. Randy Frost. He's been at the forefront of developing self-help groups and workshops for people who want to regain control of their collections and clutter in a judgment-free way. Lee is also a special consultant to MAMH supporting the launch of a new statewide Hoarding Resource Network, funded by a DPH Healthy Aging Grant.

Use QR code to get more
info and zoom link:

