



WOULD YOU LIKE TO LIVE A LESS CLUTTERED LIFE?

Join the **BURIED IN TREASURES WORKSHOP**

A **FREE** 15 week, self-help and support group for people who have too much stuff and want to declutter their lives. Each session will focus on a chapter from the book, Buried in Treasures. Workbook provided.

When: Tuesdays from 1:30-3:00 p.m. beginning March 17, 2020

Where: West Hartford Town Hall, Rm 422

REGISTRATION REQUIRED, space is limited

To sign up and learn more, contact one of the facilitators:

- Deanna Deshpande, LMSW: 860-561-7574
- Keren Paquette, LCSW: 860-561-7573

All who attend will:

- Gain increased insight and awareness into your own patterns of acquiring, saving and hoarding.
- Receive support from others and your own copy of the book.
- Develop strategies to de-clutter your home.
- Change problematic acquiring and discarding behaviors.

This group offers a judgement-free environment for people ready to make a change. Please call Deanna or Keren to find out if this group is for you!

