

Changing Hoarding Behaviors



- Do you avoid having people over because of the cluttered state of your home?
- Do you have trouble getting rid of your stuff?
- Do you buy more than you actually need?

Research shows that working through the book *Buried in Treasures* in a structured group is one of the most effective ways of addressing hoarding behaviors.

This is a FREE support group for adults of all ages and from any town. We'll meet twice a month from January through June on the

1st and 3rd Wednesdays of each month at 6 pm at the

Hudson Senior Center - 29 Church St, Hudson.

Join us! For more information, call the Hudson Senior Center or email ClearPathMA@gmail.com.

ClearPath is a program of the Marlborough Community Development Corporation at www.strongcommunity.org

