

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. New members welcomed on April 7, 2017 @ 1pm with a maximum of 15 members.

We'll meet weekly on **Friday afternoons at 1 pm at:**

**Sudbury Senior Center
40 Fairbank Road
Sudbury, MA 01776**

Join us! For more information, call Debra Galloway, Sudbury's Senior Center Director @ 978-443-3055 or gallowayd@sudbury.ma.us, or call or email ClearPath at 508-658-0880; ClearPath@strongcommunity.org

Additional groups take place in other Metro West locations. Keep up to date by visiting MCDC on Facebook or at www.strongcommunity.org

ClearPath is a program of the Marlborough Community Development Corporation

