Support Groups and Workshops
Fall 2019

Peer supports and workshops help many people who have cluttering tendencies or hoarding disorder. About one in twenty people have cluttering tendencies, and help is available among peers where you can find hope for making positive changes in your habits and in your home.

Clutter accumulates due to excessive acquisition of items, and from saving too many items. These habits can be addressed by learning and practicing new skills while in a peer group. ClearPath’s groups meet weekly, in MetroWest and Nashoba Valley. Groups use the book *Buried in Treasures* by Tolin and are open for only a few weeks to new members. Groups are offered at no charge to the attendee except for a $20 book fee.

- **Marlborough “Buried in Treasures”** — starting October 22nd, Tuesdays at 6:00 pm. Meets at 2 Mt. Royal Ave. in Marlborough.
- **Maynard “Buried in Treasures”** — starting October 23rd, Wednesdays at 5:30 pm. Meets at the Maynard Public Library in Maynard.
- **Hopkinton “Buried in Treasures”** — starting in December on Thursdays. Meets in a town building TBD.
- **Veterans “Buried in Treasures” (for men)** — starting September 17, every Tuesday at noon. Meets at MCDC offices in Marlborough. *(A women's veteran workshop will begin in the winter).*
- **Family Support Group** — On the last Wednesday of each month from September through June, friends and family members of clutterers and hoarders meet at 7 pm in the Leahy Conference Room at Marlborough Hospital, Union Street.

**Call (508) 658-2880 to register**

To find out more, or keep up to date on ClearPath hoarding groups, visit http://strongcommunity.org/clearpath-hoarding/

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