Support Groups and Workshops
Early Spring 2020

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.


- **Maynard “The Right Stuff”** - starting March 4 and meeting 10 consecutive weeks on Wednesdays at 5:30 pm. Meets at the Maynard Public Library. Must be a *Buried in Treasures* graduate to join this group.

- **Ashland “Buried in Treasures”** - starting in March 11, Wednesdays 6-8 pm. Meets at 29A Pond St., Ashland. Members welcome from all towns.

- **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 for groups**

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