**Got Stuff?**

**Need some support to help you get motivated to de-clutter?**

**Join the Buried in Treasures Workshop!**



The group meets 16 times over 20 weeks. The group is confidential. You will acquire the tools you need to manage moderate to severe levels of clutter. We will work together to develop an understanding of our personal relationships with stuff. And how those relationships affect our impulse to acquire and our difficulty with letting go. We also create a non-judgmental community of support, based on a shared understanding of what it’s like to live with too much stuff. Several groups will be running in the late summer and fall of 2023; exact times and locations to be determined.

 Call at 510-672-3604 or e-mail us at info@peersrising.org to schedule a preliminary phone call to determine whether the group is the right fit for you