



Support Services for Older Adults

## **This Full House**

### **Buried in Treasures Workshop**

A & O: Support Services for Older Adults is offering a 15-session group aimed at providing education, support, and realistic strategies for older adults 55+ who struggle with clutter in their homes. This group and all required materials are provided at no cost to participants.

#### **How do I join the group?**

If you are interested in joining the Buried in Treasures group, please contact our intake worker at (204) 956-6440.

#### **What is involved in this group?**

This group is based on the book “Buried in Treasures” by Tolin, Frost, & Steketee 2<sup>nd</sup> ed. (2014). Group sessions include reading and reviewing the book, exercises related to acquiring, discarding, and organizing, and homework between sessions. All materials needed for the group will be provided at no cost to participants.

#### **When and where does the group meet?**

The group meets at a location and time determined by the facilitator. Efforts are made to hold the group in a location that is accessible by transit and where parking is free.

#### **Do I have to attend all 15 sessions?**

Group members are asked to commit to attending all sessions and completing homework as assigned. Due to the nature of the group, new participants will not be able to join after the group has started meeting. If group members are unable to attend sessions, they are asked to notify the facilitator in advance and complete any readings or work missed independently.

For more information on the Buried in Treasures workshop, please visit:  
[http://www.ocfoundation.org/hoarding/self\\_help.aspx](http://www.ocfoundation.org/hoarding/self_help.aspx)