

GOT TOO MUCH STUFF??

NEED TO DOWNSIZE?

- Are there stacks of paper in nearly every corner of your house?
- Are your closets, cupboards and other storage areas overflowing with stuff?
- Is it difficult to use your kitchen or bathroom utility areas? (counters, stove, sink, etc.)
- Do you struggle with letting things go?
- Do more items come into the home than go out?
- Does it take a long time to find a particular item or important document in your house?
- Are you embarrassed to have someone come into your home?
- Do you want to declutter but are overwhelmed on where to begin?



If you can answer 'yes' to one or more of these questions, then our 15-week in person *Buried in Treasures* (BIT) Workshop may be for you. This is a relaxed, non-judgmental program that teaches you how to build insight, skills and strategies to help declutter, get organized and reduce acquiring. The program addresses all clutter levels from just a few messy areas, to excessive collecting, to hoarding tendencies/disorder.

- ❖ Class size – Up to 10 students (18 yrs +) and 2 facilitators (**registration required**)
- ❖ When – Every Tuesday afternoon starting March 14th, 2023, in person
- ❖ Time – 2pm to 3:30pm
- ❖ Where- Chelmsford Public Library
- ❖ Cost – Class and Workbook are **Free**
- ❖ Open to all Massachusetts residents

Please call or email Taryn Angel with any questions or to register.

978-250-5241 or tangel@chelmsfordma.gov.

Sponsored by the Chelmsford Health Department