

BURIED IN TREASURES

Workshop ✨

We are excited to announce our first online Buried in Treasures Workshop! Join co-facilitators Cara & Nick for this evidence-based, **16-week** self-help group for people who are ready to gain control over their excessive finding and keeping. Whether you consider yourself an overwhelmed artist, an archivist, clutter bug, collector, or a person with hoarding disorder, BIT is for you!

TUESDAYS

BEGINNING: MARCH 3RD
ENDING: JUNE 23RD

4:00 PM - 6:00 PM

Important Reminders

Please ensure that you have a quiet, private space to join our Zoom meetings and that you are able to attend our 2-hour meetings weekly. The first session is **mandatory**.

There is **NO FEE** for this group, but you will need to bring a personal copy of *Buried in Treasures, Help for Compulsive Acquiring, Saving, and Hoarding, 2nd Ed.*

REGISTER NOW



www.namibuckspa.org/BIT/



Join your peers to learn practices and strategies to overcome clutter in a judgement-free space with facilitators who really care!

YOU ARE NOT ALONE.
HELP IS AVAILABLE!