

# Buried In Treasure

## FAMILY SUPPORT GROUPS

### **Free!** 15 week program includes:

- What is a Hoarding Disorder?
- What is your self-talk you have about your possessions? Challenge the ideas that may be present
- Meet other people who may have hoarding behaviours
- Learn how to let go and to stop bringing other things into your home

Do you find it difficult to throw things away or do you add to your possessions every day?

Do you find it difficult to access areas in your home?

Have you had complaints from your local council or neighbours about your possessions?

Do you feel like your possessions are overtaking the living space in your home?

Has your tenancy been placed in jeopardy due to the amount of your possessions?

**RSVP Friday 14<sup>th</sup> August 2019**

**Commencing:**

Wednesday 21<sup>st</sup> August – 10am - 1pm

Communications Room – Level 8, 138 Queen St, Campbelltown

To register your interest please contact Janeen Harris or Debbie Graham:

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