** Buried in**

**Treasures**

**A Group Work Program for People with Hoarding Behaviour/Clutter**

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This group offers a judgement free environment for people ready to make a change in their life.

* Would you like to learn tips on how to de-clutter?
* Join us for this group for people who are ready to live a life less cluttered!
* Each week we’ll either introduce a new skill from the book, Buried in Treasures, or discuss a topic that is important and interesting to the group. This is a 15 week course.
* We’ll also check in with our individual progress, challenges, successes, and goals.

**Every Monday 1 - 3pm**

**Dates: 16 March to 20th July** (not including Public Holidays)

We will meet at **Salvation army building 325 Mitcham road Mitcham 3132**

Cost: $20.00 for the workbook **Referrals close: 6th March 2020**

For referrals or more information in the Whitehorse, Monash, Manningham and Boroondara areas please contact the facilitators:

Jenny Parbery from Mind on 043 6287 167 [Jenny.Parbery@mindaustralia.org.au](mailto:Jenny.Parbery@mindaustralia.org.au)

Millie Gaica-Marcetic from Salvation Army on 0438 098 923 / 03 989 07144 [millie.gaica-marcetic@aus.salvationarmy.org](mailto:millie.gaica-marcetic@aus.salvationarmy.org)