

# ClearPath™ Program

## Support Groups & Workshops

*ClearPath Workshops & Groups are offered year round on Zoom.*

*Peer supports and workshops help many people who have cluttering tendencies or hoarding disorder.*

*About one in twenty people have cluttering tendencies, and help is available among peers where you can find hope for making positive changes in your habits and in your home.*



*Clutter accumulates due to excessive acquisition of items, and from saving too many items. These habits can be addressed by learning and practicing new skills while in a peer group.*

- **“Buried in Treasures” Workshop**  
BIT Groups use the book *Buried in Treasures* by Tolin and are open for only a few weeks to new members. Groups are offered at no charge to the attendee except for a \$20 book fee. (15 Weeks)
- **CBT for Hoarding Disorder**  
This is a practice-based workshop that uses the skills you have learned from the *Buried in Treasures* workshops. (15 Weeks)
- **Less is More**  
This is an asset building workshop where we will discuss different topics every week related to acquiring. (4 Weeks)
- **Peer Support Group for BIT Graduates**  
In this group we will keep you accountable to your goals while you actively declutter.
- **Family Supports**  
Friends and family members of clutterers and hoarders get practical tips and support.

Call or Text (508) 658-2880 or email  
[ClearPath@Strongcommunity.org](mailto:ClearPath@Strongcommunity.org) for more  
information.

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