



DO YOU FEEL LIKE YOU'RE LIVING WITH TOO MUCH STUFF?

Do you find yourself:

- Feeling very attached to your belongings?
- Feeling anxious when faced with decision-making?
- Feeling overwhelmed or embarrassed by your stuff?

Would you like to live a less cluttered life, but don't know where to start?

CONSIDER JOINING OUR WORKSHOP!

**TO ENROLL: Call 503.542.7635 or
Email: info@nwanxiety.com**

BURIED IN TREASURES WORKSHOP

WHAT:

- A 16-week self-help and support group for those who want to declutter their lives
- Each session is led by a trained clinician and will focus on a chapter from the book, *Buried in Treasures*

WHEN:

Wednesdays

1:00 pm - 3:00 pm

Starting January 25, 2023

WHERE:

NW Anxiety Institute

923 NE Couch St

Portland, OR 97232

**** Some dates might be virtual****

COST:

\$40/group (OHP/Medicaid accepted)
Scholarships & sliding scale available