



# BURIED IN TREASURES WORKSHOP

## A Group to Address Hoarding Behavior

The Buried in Treasures Workshop is about more than clutter...

- Overcoming challenges
- Increasing motivation
- Reducing acquiring
- Prioritizing and celebrating choices

## Self-Help & Empowerment For Finders and Keepers

Is clutter getting in the way of how you want to live your life?  
Are you feeling overwhelmed with too many possessions?  
Are you embarrassed to have people over?

This program offers a **16-week course** that is based on the book '**Buried In Treasures**'. Join us for this group created by and for people who are ready to live a less - cluttered life!

The Buried in Treasures group is for people who would like to learn tips on how to de-clutter and stop over-acquiring with people who know what it's like. Each week we will have a discussion around a specific skill, followed by the completion of challenging and rewarding exercises. Individual progress, challenges, successes, and goals are also monitored throughout the sixteen weeks. **There is hope!** Join today – you will be glad you did! \*\*\* You can expect confidentiality and support throughout the class.

Participants are expected to commit to attending all the sessions as well as to participate actively.

## A Buried in Treasures Group is forming a VIRTUAL CLASS

Sessions start: **Wednesday, February 15, 2023**  
(from 5:30 pm – 7:30 pm - Pacific Time – USA)

(The fee for the 16-week class is \$ 325 US)

**Anyone – anywhere – can take the class! Class is held on Zoom.**

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

Early Registration and acceptance into the group is required. Call or email for more information.

**(440) 666 – 9326 or [kefconsulting@gmail.com](mailto:kefconsulting@gmail.com)**

**\*\*\* email to be put on a Waiting List for future classes. There are morning and evening classes available.**