



# BURIED IN TREASURES

Help for managing collections, clutter  
and too much stuff!

**Need help clearing a path through your clutter?**

Join us for a 17-week workshop where we'll learn how & why we acquire, collect & save. Explore practical ways to reduce & manage our belongings. **There is no cost to attend.**

Workbook provided. **Must preregister.**

2 Class Options \* Wednesdays \* 17 Weekly Online Sessions

**11 am to 1 pm \* April 5 to July 26, 2023 or**

**6:30 pm to 8:30 pm \* May 10 to August 23, 2023**

**Register for either class online: <https://bit.ly/Mult2023BiT>**

This program provides skills for positive behavioral change & support for people with clutter, chronic disorganization, & hoarding / acquiring tendencies to learn practical skills in a small, caring group setting who share similar experiences.

**To Register: <https://bit.ly/Mult2023BiT> To ASK QUESTIONS:  
Contact: 503-894-6663 / [BuriedinTreasuresOR@gmail.com](mailto:BuriedinTreasuresOR@gmail.com)**

**Free program** sponsored by Multnomah County's Older Adult Behavioral Health Team