

Buried In Treasures is a 15 week program to assist people with hoarding issues to declutter, by teaching the skills and strategies they need, while at the same time, expanding their understanding of the reasons why they hoard.

So if you live in clutter and it's causing you stress, or anxiety, or maybe it's impacting your family, or you may be at risk of eviction due to your hoarding, then this program may help you.

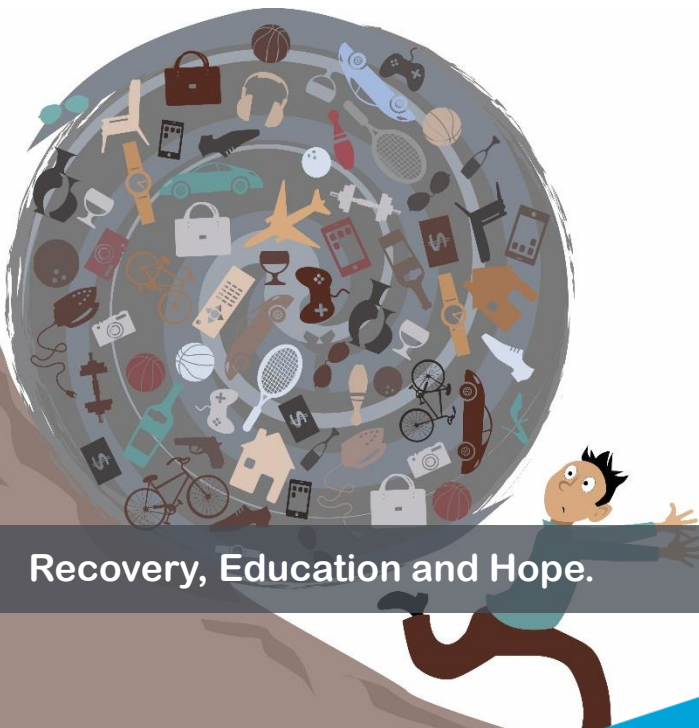
For further information or enrolment, contact Daniel on 0417 132 092 or email: daniel.jopp@onedoor.org.au

Start: Thursday 1st March
Venue: Bankstown (TBC)
Time: 10 am to 2 pm
Cost: \$5



Course Outline:

Week 1:	Introduction—What is Buried In Treasures?	1st March
Week 2:	Getting to Know You	8th March
Week 3:	Do I Have a Problem?	15th March
Week 4:	Meet the Bad Guys	22nd March
Week 5:	Meet the Good Guys	29th March
Week 6:	How Did This Happen	5th April
Week 7:	Enhancing Motivation	12th April
Week 8:	Help With Reducing Acquiring 1	19th April
Week 9:	Help With Reducing Acquiring 2	26th April
Week 10:	Sorting & Discarding-Getting Ready	3rd May
Week 11:	Getting Ready Preparation Week (no Class)	10th May
Week 12:	Sorting & Discarding—Let's Go	17th May
Week 13:	Sorting & Discarding—Succeeding	24th May
Week 14:	Here Comes The Bad Guys Again	31st May
Week 15:	Taking on Your Brain	7th June
Week 16:	Maintaining Success	14th June



Recovery, Education and Hope.

