

GETTING UNBURIED & MOVING FORWARD

A supportive 8-week class for people struggling with clutter, possessions, and disorganization

A Calmer Home
A Brighter Future
♡

Do you feel buried by your stuff?

- Is clutter getting in the way of the life you want to live?
- Do you feel overwhelmed by your possessions—or unsure where to begin?
- Do you avoid having people over because of the clutter?

You are not alone.
Change is possible.

- You can create more space.
- You can feel more in control.
- You can move forward—one small step at a time.

A Place to Begin

Getting Unburied and Moving Forward is an 8-week virtual workgroup based on the book *"Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding"* by David F. Tolin, Randy O. Frost, and Gail Steketee.

Together, we'll explore:

- Why letting go can be difficult
- The thoughts and feelings connect to possessions
- Practical ways to make decisions about what to keep and what to let go
- Strategies for reducing acquiring
- Skills for making meaningful, lasting change

Each week includes guided discussion and practical exercises to help you work toward your own goals.

No judgment. No need to be perfect.

Just support, understanding, and one step at a time.



This program offers an 8-week course based on the book *"Buried in Treasures"* by David F. Tolin, Randy O. Frost, and Gail Steketee.



You can expect confidentiality and support throughout the class. Your progress, challenges, successes, and goals will be supported throughout the eight weeks.

JOIN US



8-Week Virtual Class • Zoom



Begins: TBD



Time: TBD



Fee: TBD

Available to participants anywhere via Zoom.

Ready to take the first step?

Early registration and acceptance are required.



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Can't make this class?

Email us to join the waiting list for a future group. Morning and evening classes are available.