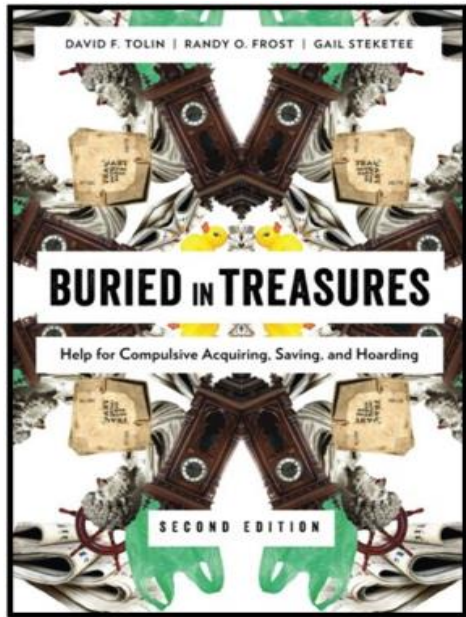


The Buried in Treasures Workshop

A Self-help and Support Group for People Who Have Too Much Stuff



Would you like to learn tips on how to reduce your clutter with people who know what it's like? Join us for the BIT Workshop!

BIT groups meet to discuss and practice skills in the book, *Buried in Treasures*. Group members are encouraged to complete rewarding exercises and set small weekly goals in a supportive, nonjudgmental environment.

Starting May 24th

Our group will meet Thursday evenings from 7 pm to 9 pm for 16 weeks.

The cost for joining this group is \$10 and includes your copy of *Buried in Treasures*. Our BIT group will not be larger than 12 members. We will meet on State Street in Springfield. Due to the private nature of this group, we will share the specific address when you contact us to register.

Co-facilitators Lee Shuer & Bec Belofsky Shuer have lived experience with clutter.

Our group is co-sponsored by The Western MA Hoarding Task Force and CHD (Center for Human Development.)

To sign-up or ask questions about BIT, please contact Lee.

Email: lee@mutual-support.com Phone: 413-961-9264