Senior Peer Counseling Program

From Collecting to Decluttering Workshop

A 15-week, step-by-step program to help and support you through the process of gaining control of your stuff. Based on the groundbreaking book Buried in Treasures.

NO-COST Orientation*

Wednesday, September 2, 2020

*Orientation attendance required for 15-week workshop

15-Week Workshop

Wednesdays, September 16 – December 23, 2020

Orientation and workshop sessions are from 2 - 3:30 pm

Had Enough?

Proven strategies and skills for acquiring less and discarding more

The fee for the 15-week workshop series includes a copy of the book “Buried in Treasures” and a participant handbook. Subsidies may be available for seniors of limited financial means.

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www.wiseandhealthyaging.org