



**WHAT OTHERS HAVE SAID:**

"VERY HELPFUL"

"FELT SUPPORTED"

"WOULD RECOMMEND"



# SELF-HELP WORKSHOP

BASED ON THE "BURIED IN TREASURES  
WORKBOOK MODEL"

***Buried in Treasures Workshop are:***

*Judgement free*

*Educational*

*Self-help Group for people with  
hoarding Tendencies*

## WORKSHOP DETAILS

**Date:** Tuesday, October 26, 2021

**Duration:** 15 Classes, Once a week

**Time:** 11:30 AM - 1:00 PM

**Location:** Online Virtual Group,  
Facilitated by Mentors South Bay

**Cost:** Free

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## CONTACT INFORMATION

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## REGISTRATION

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Mentors South Bay