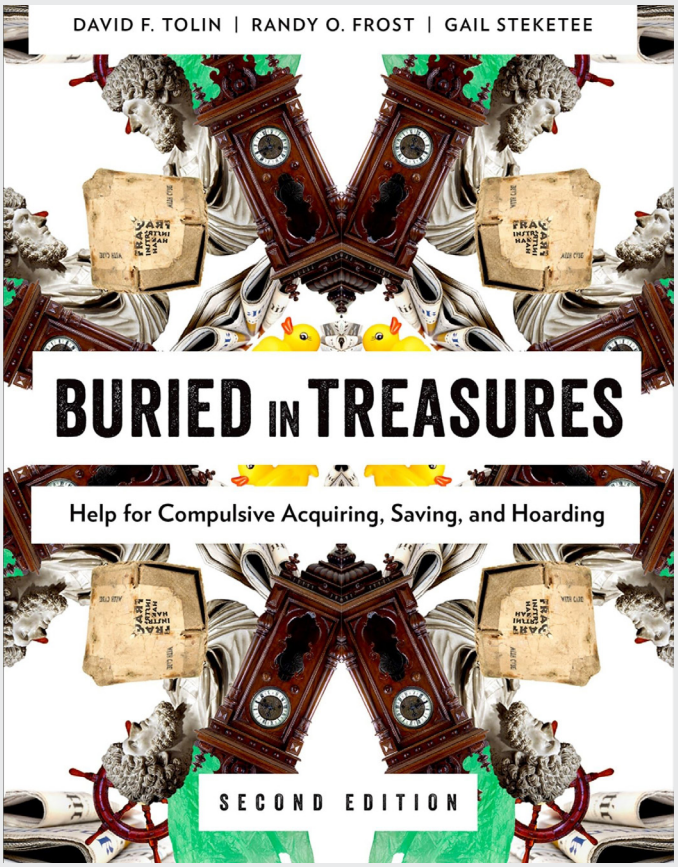
Buried In Treasures Workshop

Wesley Housing Services - Halton
hoarding@wesley.ca
(365) 292-3554



Topics Covered:

- Identifying what hoarding is
- Meeting the “Bad Guys”
- Meeting the Good Guys - Strategies for Beating Hoarding
- How did this happen?
- Enhancing motivation
- Reducing Acquiring
- Sorting/ Removing Stuff
- Maintaining your Success

All who attend will:

- Receive support from others
- Receive a copy of the book, Buried in Treasures
- Develop strategies to de-clutter your home
- Learn how to change problematic behaviours

Register today for this free 15-week, hybrid workshop, inspired by the book Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding.

- Thursdays 1:30 to 3:30pm starting: **December 3rd, 2026**
- Free but registration is required.
- Space is limited to 10 people.

This program takes a person-centered approach. Contact us to register, and we’ll create a plan that meets your needs, including arrangements for in-person and online sessions.