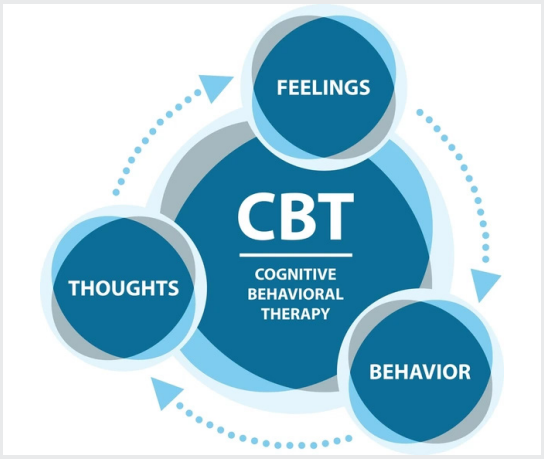
CBT for Hoarding Disorder Group

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





Do Any of These Sound Familiar?

- Do you find it difficult to throw things away—even if you don't need them?
- Is clutter making it hard to use your home the way you want?
- Do you feel anxious or distressed when trying to part with items?
- Do you avoid inviting people over because of your living space?
- Are you buying or collecting items you later regret?
- Do you feel ready to explore how your thoughts and emotions affect your choices?

- What the Program Offers:
- A safe, non-judgmental space to learn and grow
- Evidence-based tools rooted in Cognitive Behavioural Therapy (CBT)
- Skills to manage distress, make decisions, and reduce clutter
- Support from trained facilitators and peers who understand
- Optional one-on-one check-ins and follow-up planning
- Free registration

Please connect to register.

- Tuesdays 1:30 to 3:30pm starting: **December 1st, 2026**
- Free but registration is required.
- Space is limited.

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.