

# GOT TOO MUCH STUFF??

## NEED TO DOWNSIZE?

- Are there stacks of paper in nearly every corner of your house?
- Are your closets, cupboards and other storage areas overflowing with stuff?
- Is it difficult to use your kitchen or bathroom utility areas? (counters, stove, sink, etc.)
- Do you struggle with letting things go?
- Do more items come into the home than go out?
- Does it take a long time to find a particular item or important document in your house?
- Are you embarrassed to have someone come into your home?
- Do you want to declutter but are overwhelmed on where to begin?



If you can answer 'yes' to one or more of these questions, then our 15-week *Buried in Treasures* (BIT) Workshop may be for you. This is a relaxed, non-judgmental program that teaches you how to build insight, skills and strategies to help declutter, get organized and reduce acquiring. The program addresses all clutter levels from just a few messy areas, to excessive collecting, to hoarding tendencies/disorder.

- ❖ Class size – Up to 10 students and 2 facilitators
- ❖ When – Every Wednesday night starting September 3<sup>rd</sup>, 2025 (w/ info night Aug 27<sup>th</sup>)
- ❖ Where – Chelmsford Senior Center 75 Groton Rd, N. Chelmsford, MA 01863
- ❖ Time – 3:30 - 5:15 PM
- ❖ Cost – \$10 covers the 15 weeks, handouts and the BIT workbook
- ❖ Open to all Middlesex MA area residents

**Please call or email April Hunt with any questions or to register.**

**978-788-6174 or [ahunt@chelmsfordma.gov](mailto:ahunt@chelmsfordma.gov).**

**Sponsored by the Chelmsford Senior Center**