

FOR IMMEDIATE RELEASE

## **Buried In Treasures: Self-Help Workshop begins March 17, 2020**

WEST HARTFORD, CONN. (February 20, 2020) – The Town of West Hartford Social Services is offering a free, 15-week, self-help and support group for people who have too much stuff and want to declutter their lives.

The workshop will follow the book *Buried in Treasures*, by David Tolin, Randy Frost, and Gail Steketee, leading experts in hoarding disorder. This highly-structured workshop has been proven to be nearly as effective as individual therapy for hoarding.

The group will meet on Tuesdays from 1:30PM to 3:00PM beginning March 17, 2020 at West Hartford Town Hall, Room 422.

Are you ready to make a change? If you would like to gain increased insight and awareness into your own patterns of acquiring, saving and hoarding while receiving non-judgmental support from others, then please call one of the facilitators: Deanna Deshpande, LMSW, 860-561-7574, or Keren Paquette, LCSW, 860-561-7573.

Space is limited and registration is required. Each participant will receive a copy of *the Buried in Treasures* workbook and develop strategies to declutter their home.

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### MEDIA CONTACTS

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