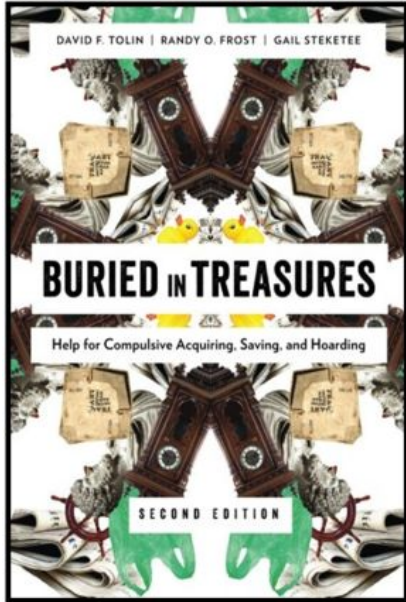


Do You Have Too Much Stuff?



You're invited to join the Buried in Treasures Workshop, a self-help group for overcoming clutter!

What do we do in BIT Workshops?

BIT groups meet to discuss and practice skills in the book, Buried in Treasures. Group members are encouraged to complete rewarding exercises and set small weekly goals in a *supportive, nonjudgmental environment*.

- **We share peer support with other people who want to overcome clutter**
- **We learn reasons why it's hard to overcome clutter, and skills to do it!**
- **We learn to resist the temptation to collect too much stuff**
- **We learn how to decide which items to save**
- **We learn how to organize our items**

After we have enough people to begin, we'll continue to meet for two hours weekly in north Naperville for 16 weeks.

Our BIT group will not be larger than 12 members. The book Buried in Treasures (2013 edition) is required and can be purchased through Amazon for \$15.75 or \$9.99 (Kindle version). You will need a copy of the book for the first group meeting. Each group is \$10 per session unless otherwise agreed.

To sign-up or ask questions about BIT, please contact Jill R. Stevens, M.A., LCPC: email: jillrstevens@gmail.com Phone: 618-713-5672