

Making Room - Virtual Group

A **carya** older adult program

A group for people who excessively collect and/or hoard.

- Do you have a large number of things taking over the space in your home?
- Do you have difficulty deciding what to part with?
- Do you feel overwhelmed when trying to organize your things?

If you answered **YES** to any of these questions, this group may be for you.

In this 10 week program participants will learn:

- What is hoarding and the factors that contribute to hoarding
- Skills to help with organizing, decision making and managing acquiring
- Ways to increase our motivation

1:00pm - 3:00pm

This is a virtual group that will be held over Zoom

January 26, 2022 - March 30, 2022

\$50.00 (subsidies available)

Registration is required to attend this closed 10 week zoom group

For more **information** and to **register** please contact

Intake 403-205-5244



As one participant has said:

"It's supportive and comforting for people to know there are a lot of other people out there who have this issue."