

Online Group Treatment for Hoarding Disorder

Dec. 2022 - Mar. 2023

Do you feel overwhelmed with managing your possessions?

About 2-6% of the population have serious challenges letting go of possessions resulting in excessive clutter that interferes with daily activities, compromises quality of life, and adversely affects relationships.



Weekly
Online
Intervention
Group

**Thursdays 6:15 -
7:30PM**

12 sessions weekly
starting December
15th

- Small group, clinician-led format in online classroom
- Pre and post-group interviews by Zoom to assess symptoms of hoarding and program efficacy
- Treatment program is based upon more than 20 years of research to understand hoarding and develop effective interventions to help
- Computer or mobile device with internet required for participation
- Seats are limited and pre-registration is required to hold your seat

Who is this group for?

Are you a resident of Massachusetts? Is clutter taking over your home or work space, creating safety problems, or affecting relationships? Are you seeking support and motivation to reduce clutter, manage hoarding, and improve daily life? If so, please sign up!

Call (857) 308-4644 to register or visit SouthShoreCRC.org to learn more

Brought to you by the Scituate Hoarding Response Team in collaboration with Boston University & funded by MassHousing