

Hoarding Support Group

Please call Matthew Schwartz to participate at 206-437-3828

Hosted over the phone using ZOOM

- Find support from a group of peers that do not judge you or your symptoms.
- Receive encouragement to build belief in yourself as you strive for attainable goals.
- Learn skills that help you cope with your distress and strong emotional reactions.
- Find acceptance for where you are and recognition for each step of progress.
- Learn to recognize avoidance tactics that get in your way.

When: Weekly on Wednesdays 1:00 PM— 2:30 PM

Who: Anyone interested in meeting in a group to discuss and share regarding hoarding / clutter / organization issues

Cost: Free

Led by: Matthew Schwartz CMHC

For more information or if you are interested in additional counseling support or groups, please contact
Full Life Care SHA Outreach at 206.437.3828