

Looking to gain control over your collections and take back your space?

We can help. Join us for our Buried in Treasures Workshop.

Join us for a 16 week course to help improve your life and create more living space for you and your family. This group meets once per week for two hours and offers a supportive environment for people ready to make a change in their life. This group is for adults age 60+ living in Jefferson, Denver, Clear Creek, Gilpin, Broomfield, Adams or Arapahoe counties through funding support from DRCOG and Next50 Initiative.



What participants will learn:

- Techniques to regain control of your collections and clutter in a private, judgment-free setting.
- Ways to resist the temptation to collect and keep “too much stuff.”
- Strategies for figuring out what to keep and how to organize your possessions so you can use and enjoy them!

Skills will be based on the book, *Buried in Treasures*

Workshop facilitated by Hope Baker, LSW, and Jordan Lovelace, MS.
For more information or to make a referral, please contact Jordan at 866-217-5808 or at JordanL@jcmh.org by Wednesday, November 10th.

Workshop Details

- Meets every Wednesday
- 3-5 p.m.
- Nov. 17 2021 - March 23 2022
 - (The workshop will not be held on Feb. 16 or from March 2 to March 16)

Location

Telehealth/Zoom



Reaching Out • Meeting Needs

A program of:



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Website: <https://www.jcmh.org/>