



Getting Unburied and Moving Forward

A Class for People with Chronic Disorganization and Hoarding Issues

Is clutter getting in the way of how you want to live your life?
Are you feeling overwhelmed with too many possessions?
Are you embarrassed to have people over?

You can lead a less cluttered life!
You can get unburied!
You can move forward!
One small step at a time!

Let this be the start of your journey to the life you want to be living....

This program offers an **8-week course** that is based on the book **'Buried in Treasures'**. Join us and learn what's behind your "stuff". Learn how to overcome your challenges and reduce your acquiring so that you can live a less - cluttered life!

The **"Getting Unburied and Moving Forward"** workgroup is for people who are ready to make changes to their life. Each week we will have a discussion around a specific skill, followed by the completion of challenging and rewarding exercises. Individual progress, challenges, successes, and goals are also monitored throughout the eight weeks. **There is hope!** Join us today! You will be glad you did! *** You can expect confidentiality and support throughout the class.

"Getting Unburied and Moving Forward" – a Virtual Class

Sessions start: Tuesday, March 5, 2024 - from 6:30 pm – 8:00 pm - Mountain Time – USA
Tuesday, July 2, 2024 - from 6:30 pm – 8:00 pm - Mountain Time – USA
(The fee for the 8-week class is \$ 240 US)

Anyone – anywhere – can take the class! Class is held on Zoom.

This group offers a judgment-free environment for people ready to make a change in their life.

Early Registration and acceptance into the group is required. Call or email for more information.

(440) 666 – 9326 or kefconsulting@gmail.com

***** email to be put on a Waiting List for future classes. There are morning and evening classes available.**