

Clutter Busters Support Group

Facilitated by: Emily Farber, MSW

**** Starting September 2018 ****

Meets First Tuesday of the Month

2:00 – 3:30 pm

**Avenidas @ Cubberley Community Center
4000 Middlefield Road, Building I, Palo Alto**

- *Do you have trouble throwing things away or get anxious when thinking about discarding possessions?*
- *Do you have possessions taking up so much floor space that it is difficult to move around the room?*
- *Have you ever not been able to use a piece of furniture (like a bed or couch) for its intended purpose because it is used as storage space?*
- *Do you often decide to purchase or acquire items even if you know you have no space for them?*
- *Have you ever been so embarrassed by the number of your possessions that you did not want people to see certain rooms in your house?*

DENNIS THE MENACE By Ketcham



"I KNOW IT'S GOOD FOR NOTHING, BUT I'M KEEPING IT UNTIL IT'S GOOD FOR SOMETHING!"

**This group is Free & Drop-In
All are welcome**

**Questions? Contact Emily
650.289.5417
efarber@avenidas.org**

**Avenidas™
Care Partners**

