



Distressed or Overwhelmed about the amount of stuff in your living space?

Do your accumulated treasures interfere with your life, relationships or happiness?

You are not alone!

We invite you to sign up for our FREE 14 week Support Group based on the book: "Buried in Treasures. Help for Compulsive Acquiring, Saving and Hoarding"

Our group is set begin in late September. If you are seeking a solution and the support to follow it through, please contact Joyce at Options Bytown:

613-241-6363 ext 245

or

jlundrigan@optionsbytown.com