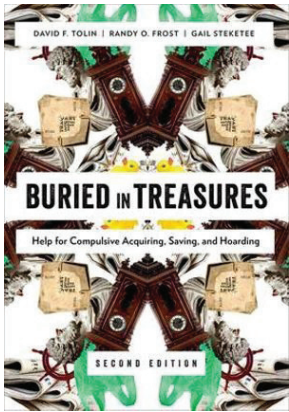


# Buried In Treasures Workshop

## A self-help and support group for people who have too much stuff

### Do you want to learn how to declutter and organise your life?

Join our group if you have too much stuff and want to connect with like-minded people. We focus on living with less clutter and chaos, with weekly activities centred around skills from the book “Buried in Treasures.” It’s a supportive space where we share experiences, challenges, and goals, learning and growing together!



**Date:** contact us to find out when the next session starts.

**Duration:** 2 hours per week for 16 weeks

**Time:** To be confirmed

**Location:** Osborne Park or Fremantle or Joondalup or Midland or Gosnells

**Cost:** A gold coin contribution (for finale celebratory lunch)

### What is “Buried in Treasures”?

“Buried in Treasures” is a self-help book by Drs. Tolin, Frost, and Steketee, experts in hoarding disorder. The book offers a program to help people manage clutter and improve their lives.

The program is led by experienced mental health workers or individuals with hoarding experiences. **It consists of 16 sessions, each lasting 2 hours**, with light refreshments provided.

Participants are encouraged to make a weekly gold coin contribution, which will go towards a celebratory lunch. Anyone with hoarding tendencies can apply and seek support from their worker or health professional during the workshops.

### To join the “Buried in Treasures” workshop, fill out the registration of interest.

Please complete the form on the back of this flyer or submit the form online at [blackswanhealth.com.au/bit](http://blackswanhealth.com.au/bit)

**Enquire  
Now  
Contact Us**

Contact Ritika Thakur with any queries:  
**Phone** 08 6559 1262 | 0482 160 998  
**Email** [ritika.thakur@blackswanhealth.com.au](mailto:ritika.thakur@blackswanhealth.com.au)  
**www.blackswanhealth.com.au/bit**



## Buried In Treasures Workshop - Register Your Interest

Expressions of Interests can be submitted anytime during the year. Do ensure all fields on the form are completed prior to submission.

Each group has 12 available spaces. If there aren't enough spots in the next session, there will be more opportunities in the future.

Name:		Date of Birth:
Gender:	Ethnicity:	
Phone:	Email:	
Address:		
Are you a National Psychosocial Support Participant? YES   NO	Support Coordinator Name:	
Are you linked to a Case Manager or Support Worker? YES   NO		
Agency:	Worker Name:	Contact Number:
Do you consent for us to contact your worker? YES   NO		
Where did you hear about the workshop?		
What do you hope to achieve by attending the BIT Workshop?		
On a scale of 1 to 10 how motivated are you to change these behaviours? (Circle the number)		
1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		
Peer participation is a key factor in the workshop being successful. Are you confident in your ability to attend on a weekly basis for up to 16 weeks? YES   NO		
If not, is there a plan that can help to improve your capacity to attend?		
Choose a preferred location for the group: <input type="checkbox"/> Fremantle <input type="checkbox"/> Osborne Park <input type="checkbox"/> Joondalup <input type="checkbox"/> Midland <input type="checkbox"/> Gosnells		
Would you consider going to a group outside your preferred location? YES   NO		
Signature		Date:

Contact Ritika Thakur with any queries:

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