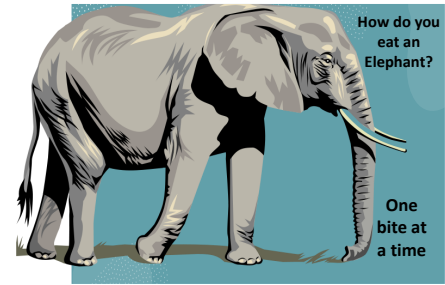


Eating The Elephant

Free 6-week group for people living in

extremely cluttered environments



- Do you live in a very cluttered environment?
- Do you find it hard to declutter?
- Is your tenancy at risk because of your clutter?
- Does your clutter cause you to feel anxious or overwhelmed?
- Would you like to restore functionality to your home?

If you answered YES to any of these questions, then

The Eating the Elephant

Support program may help you.

The Eating the Elephant program is a 6 week FREE program that will assist you:

- To understand your acquiring behaviours
- Give you strategies for managing your anxiety
- Understand how to emotionally regulate and strengthen your overall wellbeing
- Increase your ability to declutter even in the midst of feeling overwhelmed
- Give you strategies to declutter .

Commencing: Wednesday 29th January & every Wednesday finishing 5th March

Time: 10am-1pm

Venue: Kogarah Community Services—49 English St Kogarah

Register: Please call Debbie to register—0499 326 192

