

HOPE Workshop

Hoarding Disorder education to learn how to Organize, Purge and End the cycle

WHAT IS THE HOPE WORKSHOP?

The *HOPE* Workshop is a facilitated, self-help, 10 week workshop for people who are struggling with hoarding behaviors. The HOPE Workshop will help participants learn skills to manage their hoarding behaviors and reduce their clutter. Most importantly, participants will learn they are not alone. **Based on an evidence-based program called Buried in Treasures but modified to accommodate a larger group*

REGISTRATION

Program Orientation and Registration: February 5, 2019 4:30pm – 5:30pm

We will discuss the program for the first 20 minutes and answer questions. Interested participants can register and buy a copy of the book we will be using each week (\$10 – scholarships available). We will register participants until 5:30pm.

LOCATION FOR REGISTRATION NIGHT AND WEEKLY SESSIONS:

Abrams Public Health Center
Room 3108 - located on the third floor
3950 South Country Club Road, Tucson, AZ 85714

WEEKLY SESSIONS

The HOPE Workshop will meet every Tuesday for 10 weeks, February 12 – April 16

Time: 4:30pm – 6:00pm

Weekly attendance is encouraged because program topics and homework progress each week.

WHO CAN PARTICIPATE?

Anyone who is worried about their hoarding behaviors.

Workshop Facilitators

Jennifer Caragan, Pima Council on Aging
Lisa O'Neill, University of Arizona Center on Aging, Arizona Geriatrics Workforce Enhancement Program
Kathryn Sanderlin, University of Arizona Department of Psychiatry

Southern Arizona Hoarding Task Force