

HOARDING GROUP FOR ADULTS

The Hoarding group is for individuals who wish to examine their individual issues with hoarding.

This group uses psycho-education and sessions focus on:

- Increasing knowledge of hoarding
- Recognizing the contribution of information processing, thinking styles and emotional attachment to hoarding
- Describing the main elements that constitute hoarding
- Promoting higher levels of wellness, stability and quality of life

Join at any time. This group is **10 sessions** long and each session is **two hours** in length.

The cost will be billed to your eligible insurance plan.

If you are a resident of Anoka County without insurance, a sliding scale fee payment plan is available.

*We are currently offering this group for individuals with an SPMI Diagnosis.

Facilitator: Julie Smith, MA, LPCC

For more information, call our intake line at 763-780-3036.

10 WEEK
COMMITMENT

STARTS SOON!

CALL NOW TO
SIGN UP
763-780-3036

LOCATION:
BRIDGEVIEW
7920 UNIVERSITY AVE NE,
FRIDLEY, MN 55432

SLIDING FEE
AVAILABLE



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