

# Support Groups For Collectors

Group Name	What Is It?	When Is It?	Is It Right for Me?	Where Do I Sign Up?
<b>Drop-In Support Group</b>	A weekly group for people who are dealing with collecting challenges issues to talk and get support from peers in an informal setting.	<p><b>In 2018</b></p> <p>1<sup>st</sup> &amp; 3<sup>rd</sup> Mondays 5:30-7pm 2<sup>nd</sup> &amp; 4<sup>th</sup> Wednesdays 3-4:30pm</p> <p>Current schedule at <a href="http://www.mentalhealthsf.org">www.mentalhealthsf.org</a> Or available at office.</p>	<ul style="list-style-type: none"> <li>• Peer facilitators</li> <li>• No advance registration</li> <li>• Open to individuals with cluttering behaviors</li> <li>• No long-term commitment</li> </ul>	<p>No registration Drop-in at: 870 Market St., Ste. 928 (Market @ Powell) Current schedule at <a href="http://www.mentalhealthsf.org">www.mentalhealthsf.org</a></p>
<b><u>Buried in Treasures</u></b>	A focused, peer-led group that follows a proven step-by-step textbook guide to understanding why we clutter and how to change our thinking and behaviors.	<p>Weekly, schedule TBD 15 sessions over 20 weeks. Please contact Stephen Leader for details and pre-screening eligibility.</p>	<ul style="list-style-type: none"> <li>• Peer facilitators</li> <li>• <b>By registration only</b></li> <li>• High commitment/attendance</li> </ul>	<p>Call Stephen Leader 415-421-2926 x316 <a href="mailto:stephen.l@mentalhealthsf.org">stephen.l@mentalhealthsf.org</a></p>
<b>Treatment Group</b>	An intensive, therapist-led CBT (cognitive behavioral therapy) group to examine the underlying thinking behind hoarding and explore strategies for change.	<p>Weekly, schedule TBD. 16 sessions over 20 weeks. Please contact Stephen Leader for details and pre-screening eligibility.</p>	<ul style="list-style-type: none"> <li>• Led by a licensed therapist</li> <li>• <b>By registration only</b></li> <li>• High commitment/attendance</li> <li>• Home visits required</li> </ul>	<p>Call Stephen Leader 415-421-2926 x316 <a href="mailto:stephen.l@mentalhealthsf.org">stephen.l@mentalhealthsf.org</a></p>
<b>Unburied in Treasures Group</b>	<p>For graduates of <u>Buried in Treasures</u> or Treatment Group.</p> <p>Check-in and weekly topics.</p>	<p>2<sup>nd</sup> &amp; 4<sup>th</sup> Thursdays 6-7:30pm Suite 785</p>	<ul style="list-style-type: none"> <li>• Peer facilitated.</li> <li>• Drop-in as needed</li> <li>• Weekly check-in and topic discussions</li> </ul>	<p>Call Stephen Leader 415-421-2926 x316 <a href="mailto:stephen.l@mentalhealthsf.org">stephen.l@mentalhealthsf.org</a></p>

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<b>Family &amp; Friends Group</b>	<p>For family and friends seeking to better understand and support loved ones with collective challenges.</p> <p>Weekly topics and discussion.</p>	<p>Wednesdays: 6-8pm, schedule TBD</p> <p>Call for pre-screening interview</p>	<ul style="list-style-type: none"> <li>• Therapist-led</li> <li>• Brief screening interview</li> </ul>	<p>Call Stephen Leader 415-421-2926 x316 <a href="mailto:stephen.l@mentalhealthsf.org">stephen.l@mentalhealthsf.org</a></p>
<b>Clearing House LGBT 55+</b>	<p>Drop-in support group for LGBT 55+. Held in partnership with Openhouse LGBT 55+ Service Agency</p>	<p>1<sup>st</sup> and 3<sup>rd</sup> Wednesdays 12:30pm – 2:00pm</p> <p>Call for location while LGBT Center remodels</p>	<ul style="list-style-type: none"> <li>• Peer Facilitators</li> <li>• Drop-In</li> <li>• For Openhouse members</li> <li>• Weekly topics and discussion</li> </ul>	<p>Call Stephen Leader 415-421-2926 x316 <a href="mailto:stephen.l@mentalhealthsf.org">stephen.l@mentalhealthsf.org</a></p>