

Clutter Busters

An 8-week therapy group for older adults experiencing depression, anxiety or adjustment issues related to handling clutter.



When: To be announced

Where: To be announced

Contact: Mary Rumman, LMSW
734-764-2556



Understand why we keep things and readiness for change

Learn ways to cope with "letting go" of belongings

Practice Strategies for decreasing clutter and organizing belongings

Fees are covered by Medicare and most insurance. Interested individuals will be interviewed by the group leader before the first session. Please call for more information!

