



# CLUTTER BUSTERS

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

When: Thursday mornings, (Tentative),  
10 AM - 12 PM, Sept 24 - Nov 12

Where: Turner Senior Resource Center  
2401 Plymouth Rd, Ann Arbor

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 & organizing belongings



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