



# How to Support Family and Loved Ones with Unsafe Clutter or Hoarding

Are you worried about the health and wellbeing of a loved one who lives with a lot of clutter?

Have your loved one's possessions become an issue in your relationship?

Do you find yourself feeling angry, resentful, hurt, or confused by the amount of items that your family member or loved one has collected?

Does the subject of your loved one's possessions always end in arguments and frustration?

Have you given up hope that things will change between you and your loved one?



Thursday September 15<sup>th</sup> 6:30 – 8 pm

**Understanding Hoarding and the Impact on Loved Ones**

Learn:

- How hoarding and other issues can contribute to collecting lots of possessions
- What caregiver burden is, and how loved ones are affected by hoarding or collecting

Thursday September 22<sup>nd</sup> 6:30 – 8 pm

**Harm Reduction and Communication**

Learn:

- Tips for building a relationship and improve communication with your loved one
- A framework for working together with your loved one

Thursday September 29<sup>th</sup> 6:30 – 8 pm

**Community Services and Resources**

Learn:

- What services are available in Guelph to support your loved one
- Question and answer period with Guelph Fire Prevention, and Canadian Mental Health Association (CMHA)

**TO REGISTER:** Please call the Wellington Guelph Hoarding Response Coordinator, Emily Gibson, at 519-836-2332 ext. 108. Or, email [egibson@dunara.com](mailto:egibson@dunara.com) with your full name and phone number.

Please make sure that you register everyone who plans on attending with you so that we can plan accordingly for the number of participants.

Workshops will be held at the Guelph Community Health Centre.