



**NW ANXIETY
INSTITUTE**



ARE YOU A TEEN WITH TOO MUCH STUFF?

Do you find yourself:

- Very emotionally attached to your belongings?
- Feeling anxious when faced with decision-making?
- Feeling overwhelmed or embarrassed by your stuff?

Would you like to live a less cluttered life, but don't know where to start?

Consider Joining our
Teen Group!

TO ENROLL: Call 503.542.7635 or
Email: jessica@nwanxiety.com



BURIED IN TREASURES WORKSHOP FOR TEENS

WHAT:

- A 16 week self-help and support group for teens who want to declutter their lives
- Each session is led by a licensed clinician and will focus on a chapter from the book, *Buried in Treasures*

WHEN:

Thursdays

4:00 pm - 5:30 pm

January - April 2020

WHERE:

NW Anxiety Institute

923 NE Couch St

Portland, OR 97232