

# Hoarding Support & Skills Group

Meeting Time:

Mondays 1:30 - 2:45 p.m.

Led By:

Matthew Hunter, MS, LAPC, NCC

Investment:

\$65 initial intake and assessment session  
\$45 per group session (minimum 8-session commitment)

Location:

The Anxiety & Stress Management Institute  
Please visit our website for directions, [www.StressMgt.net](http://www.StressMgt.net)

Contact:

Please call our Intake Coordinator  
770.980.9229 or  
email: [info@stressmgt.net](mailto:info@stressmgt.net)

Participant Objectives:

- Find support from a group of peers that do not judge or shame your symptoms.
- Receive encouragement to build belief in yourself as you strive for attainable goals.
- Learn skills that help you cope with your distress and strong emotional reactions.
- Find acceptance for where you are and recognition for each step of progress.
- Learn to recognize avoidance tactics that get in your way.
- Take a step toward being connected instead of isolated in your concerns.