

Psychological help with Hoarding

Working alongside Stockport Age UK, SPARC's Counselling Service are running weekly workshops for people who hoard & clutter. We aim to increase the mental wellbeing of individuals and provide a safe space for participants to explore and gain insight into the reasons why they hoard and clutter.

Free Workshops Offering Psychological Perspectives for People who Hoard and Clutter



These sessions will provide:

A space to share and learn coping tools and techniques

A space to be listened to

A space for self care

A space for emotional regulation

A space to explore thoughts and feelings

A space to connect with others

A space to refill their jug of well-being!



Times: Every Monday from 1:00pm till 2:00pm

Venue: SPARC, Progress House

Address: 35a Adswood Lane East, Cale Green, Stockport SK2 6RE

If you would like to join us or for more information, please contact either:

- David Richards, Counselling Co-Ordinator on 07519 168 452
- SPARC's main number on 0161 429 9744
- Email: sparc4u.counselling@gmail.com or send a private message to the SPARC Therapy Facebook page.