



Caring and Sharing Supportive Workshops for People who Clutter



Working alongside Stockport Age UK, SPARC's Counselling Service is offering a workshop for people who 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 clutter.

Caring & Sharing for people who Clutter



These sessions will provide for attendees:

A space to share and learn coping tools and techniques

A space to be listened to

A space for self care

A space to share thoughts and feelings

A space to connect with others

A space to refill their jug of well-being!



Times: 1:00pm till 2:00pm
Venue: SPARC, Progress House

Address: 35a Adswood Lane East, Cale Green, Stockport SK2 6RE
6 participants per closed group; on a first come first served basis!

If you would like to join us or for any questions and more information please contact:

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

A CARING SPACE