



A supportive  
self-help program  
for people who have  
too much stuff.

# Crowded House

One-on-one coaching and support  
for people over 65

Join us for a program created for people who  
are ready to live a life less-cluttered.

Throughout the program we will discuss skills from the book 'Buried in Treasures', and complete challenging and rewarding exercises at a pace you are comfortable with. We will also follow your progress, challenges, successes and goals.

The program offers a judgement-free environment for people ready to make a change in their life.

For further information call **1300 782 896**  
or visit [integratedliving.org.au](http://integratedliving.org.au)



**integratedliving**  
*supporting individuals  
enriching communities*