

# FOOTPRINTS BURIED IN TREASURES GROUP



Starting Date: To Be Confirmed  
15 sessions over 20 weeks



Time: To Be Confirmed



Location: To Be Confirmed

## What to expect from the group?

- BIT consists of 15 sessions over 20 weeks
- Each session goes for 2 hours
- Facilitated by two facilitators and support persons
- Create connections with each other to increase your understanding of why you over acquire
- Reduce acquiring and clutter and enjoy other activities

## What we expect from you ?

- Willing to participate in the group for 2 hours (10 minute break included)
- Able to participate in a group – listening and respecting others opinions
- Ready to work on your own clutter
- Willing to commit to 15 sessions over 20 weeks
- Committed to read the text and do written exercises

## Facilitators

To Be Confirmed

## Eligibility

- Living in North and South Brisbane Area
- Aged between 18 and 65
- Currently experiencing challenges in over acquiring possessions



Please complete BIT Expression of Interest and ARC Group Referral Form, then send them to ARC Group Coordinator

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