

How to De-Junk Your Life!

THE SEQUEL

Facilitated by
Michelle Stolicker, LMSW

This is a highly interactive workshop and is appropriate for “newcomers” to the “de-junking” process as well as those who have attended one or both of the previously offered workshops. Participants are asked to bring their specific de-junking dilemmas and we will assist with information, ideas and resources to address them. Common questions include:

- How do I get motivated? Stay motivated?
- How do I decide what to get rid of? How can I follow through with minimal guilt?
- How do I organize what I do decide to keep?
- What can I do if I live/work with a “clutterholic”?

DATE: Wednesday, October 19, 2011
TIME: 4:00 p.m. — 5:30 p.m.
FEE: FREE
LOCATION: Liverpool Public Library
Carman Community Room
310 Tulip Street, Liverpool, NY 13088

If you have questions about the program, contact Michelle Stolicker at
1-800-EAP-8764 or (315) 471-1361.

To accommodate participants, please complete and return by:

Wednesday, October 12, 2011

How to De-Junk Your Life— October 19, 2011

Name: _____

School Building: _____

School District: _____

Position: _____

School Phone: _____ Home Phone: _____

Email (please print clearly) _____

Return :
EMPLOYEE ASSISTANCE PROGRAM
c/o OCM BOCES - IEH
MICHELLE STOLICKER
906 SPENCER STREET
PREVENTION NETWORK
SYRACUSE, NEW YORK 13204