

# "Letting Go of Holding On"

A workshop on recognizing and responding to clutter and hoarding. Presented by Patrick Arbore, EdD.

**Wednesday, March 30, 2011**

**10:00 am – 3:00 pm**

**Eagle Room at Win River Casino**

**Redding, CA**

**Cost: \$10 donation**

(Lunch included)

***Pre-registration is required.***

*Registration closes 3/23/11. Register online at:  
[clutter.eventbrite.com](http://clutter.eventbrite.com) or by calling 800-995-0878*



Dr. Arbore is the founder and the Director of the Center for Elderly Suicide Prevention and Grief Related Services (CESP), and serves as the Director of Professional Development at Institute on Aging. He is also a Senior Lecturer in the Human Services Division at Notre Dame de Namur University in Belmont, CA.

**Mountain Caregiver Resource Center of** 

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