



MENTAL HEALTH ASSOCIATION OF SAN FRANCISCO
**HOARDING BEHAVIOR
SUPPORT GROUPS (ONLINE)**

**DROP-IN
SUPPORT
GROUP
FOR
HOARDING
BEHAVIOR**

A group for those dealing with their own hoarding behavior, to talk with and get support from peers in an informal setting.

First four Thursdays of the month
1st & 3rd Thursday, 5:30 - 7:00 pm
2nd & 4th Thursday, 3:00 - 4:30 pm

**FAMILY &
FRIENDS
SUPPORT
GROUP
FOR
HOARDING
BEHAVIOR**

A therapist-led support group for spouses, siblings, parents, family & friends of those with hoarding behavior.

**Every 1st Tuesday of the month from
6:00 - 7:30 pm**

**ADULT
CHILDREN
OF PARENTS
WITH
HOARDING
BEHAVIOR**

A therapist-led support group for adult children of parents with hoarding behavior.

**Every 3rd Tuesday of the month from
6:00 - 7:30 pm**

To join, please email us at
peersupportservices@mentalhealthsf.org



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**HOARDING BEHAVIOR
SUPPORT GROUPS (ONLINE)**

**ADVANCED
DROP-IN
SUPPORT
GROUP
FOR
HOARDING
BEHAVIOR**

A group for folks who have completed an intensive treatment course, such as Buried in Treasures (BIT) or similar class.

Every 2nd and 4th Tuesday of the month from 5:30 – 7:00 pm

**CLEARING
HOUSE
SUPPORT
GROUP FOR
LGBTQ
SENIORS 55+**

A group for LGBTQ seniors 55+ with hoarding behavior, to talk with and get support from peers in an informal setting.

Every 1st and 3rd Wednesday of the month from 12:30 – 2:00 pm

**MEN WITH
HOARDING
BEHAVIOR
SUPPORT
GROUP**

A group for men with hoarding behavior, to learn techniques and tools for recovery and discuss issues that pertain uniquely to men.

Every 1st and 3rd Monday of the month from 6:00 – 7:30 pm

To join, please email us at
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