

# Hoarding & Positive Psychology Support Group



## ABOUT THE FACILITATOR



**Danny Torrance** is the Founder of DLT Decluttering, an organization that provides individualized support to help people with excessive clutter

gain tools, skills, and resources to sort and discard their possessions and create a safer and less cluttered home. He has been an active member of the Philadelphia Hoarding Task Force since 2015 and brings over 9 years' experience working with people with disabilities in non-profit organizations. Danny received a teacher training certificate in Mindfulness-Based Stress Reduction from Thomas Jefferson University in 2019 and holds a Master's degree in Applied Positive Psychology from the University of Pennsylvania where he specialized in practices to help people cultivate their strengths, overcome challenges, and live happier and healthier lives.

Join JFCS and the Mental Health Network for a new hoarding support group centered around positive psychology as a means of addressing the clutter in your life. With the guidance of facilitator Danny Torrance, participants will explore character strengths, setting goals, navigating stress, optimism, and staying motivated.

### **WHEN:**

**Thursdays, February 2, 2023—April 6, 2023,  
7-8:30pm**

**10 total sessions**

### **WHERE:**

**Zoom—link provided after registration**

### **COST:**

**JFCS offers a needs-based sliding scale fee to meet each person's financial ability**

### **RSVP:**

**For questions or to register, contact Sybil Griffith at 267.315.5731 or [sgriffith@jfcsp Philly.org](mailto:sgriffith@jfcsp Philly.org).**

