

- Provides members with safe and confidential meeting places where they can share their common problem, feelings, and recovery
- Serves as an ongoing support system for recovering clutterers

What We Don't Do

Clutterers Anonymous does not:

- Provide any decluttering, welfare, or social services (We do not rescue people from problems, such as eviction, resulting from extreme cluttering.)
- Promote any particular decluttering plan or organizing skills
- Charge dues or initiation fees to its members
- Engage in or sponsor research or studies
- Follow up on its members
- Join councils or boards of social agencies
- Make medical or psychological diagnoses
- Offer any public statements on issues of decluttering, organizing, or hoarding
- Provide letters of reference to lawyers, court officials, social agencies, employers, etc.
- Reveal its members' names, nor keep attendance records or case histories.
- Run membership drives
- Take a position on outside issues
- Affiliate with any other organization, political movement, ideology, or

religious doctrine (Although some members may work for outside decluttering organizations, they do not represent CLA.)

- Divulge what is said in or who attends meetings

What Do We Want?

- Referrals to the Fellowship
- Increased awareness of the CLA program of recovery
- Listings and notices in professional journals, newsletters, etc., providing CLA contact information, such as our phone numbers and mailing and website addresses
- Protection of our members' personal anonymity

Contact Us

To contact the Public Information committee for more information, or if you have questions regarding Clutterers Anonymous, you may do one of the following:

- Visit the CLA World Service Organization website at www.clutterersanonymous.net to find our meeting list, etc.
- Email us at clawso@hotmail.com.
- Call us at (310) 281-6064. You can leave a message. A volunteer will get back to you.
- Write us at CLA WSO, PO Box 91413, Los Angeles, CA 90009-1413.

If your organization wants to use us as a referral resource or offer the CLA website link, we encourage you to respect our Traditions by stating that we are not affiliated with your organization.

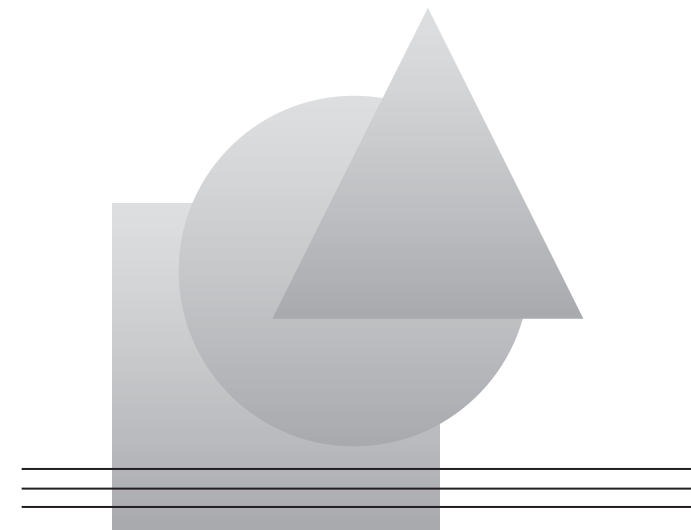
Thank you for considering Clutterers Anonymous as a resource.

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Introducing Clutterers Anonymous to Professionals



To the Professional

Clutterers Anonymous (CLA) cooperates, but is not affiliated, with outside organizations and serves as a resource to the professional community through this policy. We hope that when you encounter anyone suffering with an obsessive, compulsive, or addictive relationship to clutter, you will refer him or her to our Fellowship. CLA has an active Public Information Committee to facilitate this cooperation.

The professional community includes the following agencies and departments: local and state governments; health, legal, and social services; police and fire departments; hoarding task force programs; social service agencies (religious organizations, charities, etc.); mental health and medical associations; employee assistance programs (EAPs); outside helplines; and the media. Others are: code enforcers, inspectors, social workers, and those who will or may encounter clutterers.

There is no charge for any of our services. As part of our Tradition of being self-supporting, CLA does not accept outside contributions. CLA members volunteer their efforts because service to others aids and supports our own personal recovery from cluttering.

How Does CLA Cooperate and What Services Do We Offer?

Clutterers Anonymous shares with health care providers and other professionals the concerns for the health and well-being of those who suffer from compulsive cluttering. Our Public Information Committee members cooperate through contact with professional organizations through mailings, telephone, or personal contact.

Upon request, we may offer our assistance by:

- Informing the professional who has not had an opportunity to find out how the CLA program works;
- Providing CLA outreach literature and up-to-date information about meetings, events, and more activities;
- Providing speakers or panels to present an overview of CLA at conferences or meetings;
- Displaying information on CLA at professional meetings, health fairs, seminars, and other gatherings; and
- Serving as an ongoing support system for recovering clutterers by sharing personal experience.

About Us

The Clutterers Anonymous Fellowship was founded on February 26, 1989. Two California women realized they had a common problem with clutter in their lives. They also wanted to help others find recovery and serenity, so they started CLA.

CLA is a Fellowship based upon the 12-Step and 12-Tradition recovery model pioneered by Alcoholics Anonymous. The Clutterers Anonymous program offers physical, emotional, and spiritual recovery for those who suffer from compulsive cluttering. We believe in carrying the message of our program to other compulsive clutterers so that they might better understand what we have come to know about cluttering and experience the relief that we have found.

CLA is a Fellowship of men and women who have a cluttering problem and help each other recover. Our primary purpose is to stop cluttering, one day at a time. CLA helps clutterers achieve sobriety and lead a healthy, productive life. CLA is self-supporting, nonprofessional, and apolitical. There are no requirements for age, income, or education. Membership is open to anyone who wants to stop cluttering.

Cluttering is a progressive illness—spiritual, emotional, mental, and physical. It cannot be cured, but like many illnesses, it can be arrested by working a program of recovery. As clutterers, we know that we have lost the power to control our cluttering, since both denial and rationalization are part of the problem.

Prospective members can evaluate their cluttering activities by answering the 25 questions for self-assessment. These questions are available in CLA literature and on our website. At the center of the CLA program are meetings. CLA groups are held in various locations and by telephone. For a current meeting schedule, use our website or phone number. See the "Contact Us" section.

What We Do

Clutterers Anonymous:

- Offers support to those who desire to stop cluttering
- Offers a program of recovery from compulsive cluttering, by using the spiritual approach of the 12 Steps and 12 Traditions of CLA
- Presents a program of attraction, rather than one of promotion
- Welcomes new members referred from various legal and court programs, health facilities, and hoarding task forces, as well as self-referrals
- Addresses physical clutter, as well as nonphysical forms such as mental, emotional, and spiritual
- Has a primary purpose of helping people to find recovery from cluttering
- Is fully self-supporting through members' contributions
- Supports the court system's mandates by signing a slip at the end of the meeting showing proof of attendance
- Preserves personal anonymity of its members at the level of press, radio, films, television, and all other media
- Acknowledges that members may also supplement their recovery program by seeking advice or support from health care and/or other professionals, as well as other fellowships