CONTINUUM

HelpNet Webinar July 2026

Downsizing Your Home and Belongings

Personal possessions tell a beautiful story of an individual's life. These items may represent one's childhood, accomplishments as an adult, memories of travel, gifts received, and the passing of family heirlooms from generation to generation. When individuals are faced with downsizing their personal belongings or sorting through a loved one's possessions, they will be confronted with what to keep, what to share, and what to donate. How does one "break up" a lifetime of belongings? The process can be overwhelming yet very rewarding. This workshop provides proven techniques to determine how, why, and what to save, what to share with others, and what is best to be donated. Most importantly, the session will help the audience understand that letting go of belongings does not mean letting go of the memories or connections that have been created throughout a lifetime.

Available On Demand

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