

### **Clutter To Comfort Is Coaching To Clear Your Home, Including:**

- In-home professional organizing services to help you clean up clutter, and decorate your space in a functional, pleasing fashion.
- A self-paced program designed to: identify your objectives; outline an action plan; and work side-by-side with you (to the extent you wish) in meeting your goals.
- Implementation of decluttering decisions: what to keep and better utilize; what to save and how to store it; what to dispose of and how (donate, sell, recycle, discard).
- Teaching skills to maintain organization and neatness.

### **Clutter To Comfort Is Counseling To Clear Your Head & Heart, Including:**

- Confidential and compassionate coaching and counseling for an array of mental health concerns: depression; anxiety; life adjustment issues; relationship challenges; and personal barriers to comfort.
- Individual, couple and family therapy in your home or the office.
- Workshops and consultations related to organization and wellness.

Clutter To Comfort  
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## **Coaching & Counseling To Clear Your Home, Head & Heart**



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*Serving Sheboygan County  
and Beyond*



Clutter, whether in your home, head or heart, is stressful. It robs us of comfort - physically, emotionally, mentally and spiritually.

Releasing clutter allows us to restore a sense of balance and create space in a manner which reflects and serves our true self.

The fear of being judged can interfere with seeking help. **Clutter To Comfort** respects your unique needs. You will be treated with dignity and compassion.

*"Are you willing to release what you have - to be who you are?"*

*-Amia*

## **Clutter To Comfort Will Help You When:**

- You feel overwhelmed by clutter - in your home, head or heart - and don't know where to start sorting it out.
- Clutter or conflict is impacting your relationships.
- You feel guilt or embarrassment about your clutter and avoid inviting people into your life.
- You feel like your space doesn't reflect who you truly are because your possessions are possessing you.
- Sadness or anxiety is stealing your sense of comfort.

### **Additional Organizing Applications:**

- Downsize a home or office.
- Blend two households.
- Get your car back into the garage.
- Make your basement available for recreation.
- Eliminate the cost of a storage unit.
- "Re-feather" your empty nest.
- Prepare a home for sale; pack for a move; organize your new space.



**Pamela K. Hertel, MS, LCSW, LPC**  
*Professional Organizer & Psychotherapist*

With **Clutter To Comfort**, Pam has merged her mission to be of service to others with her passion for coaching, counseling and creating comfortable, functional space. Her approach, while professional and confidential, is friendly, gentle and non-judgmental.

Pam is a member of the National Association of Professional Organizers. She is a Wisconsin Licensed Professional Counselor. Pam has more than 35 years experience providing educational and therapy services to individuals, couples and families.

You can trust Pam to help you transform the clutter in your life - whether in your home, your heart or your head - to a calmer reflection of your true self.

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