

# Inside Hoarding: What It Is, What It Isn't, and How to Help



Hoarding is often misunderstood and judged. In reality, it is a complex issue. This webinar will explain common myths about hoarding and help clarify the differences between hoarding behaviors related to autism and those connected to other mental health conditions.

Carla will also share kind and practical ways to improve safety, respect personal choice, and support a better quality of life for people experiencing hoarding challenges.

**February 11, 2026**  
**1-2pm CST**  
**FREE WEBINAR**



Presenter: Carla Alejo,  
Catholic Charities

**Register:** [bit.ly/AWSHoarding](https://bit.ly/AWSHoarding)