

---

## About Helen Volk

Helen D. Volk, B.S., J.D., is founder and president of Beyond Clutter, a firm that helps you De-Clutter, De-Stress® your life. A certified teacher and lawyer who practiced law for 17 years before creating Beyond Clutter in 1991, Helen was a pack rat who chose to simplify her life in the early 80's and live clutter free.

As a professional organizer, Helen has the maturity, experience, sensitivity and patience to work with clients during the difficult time of moving.

An expert in her field, Helen is an accomplished motivational speaker and published author of organizing books.

For other services and more information, see her website at

[www.beyondclutter.com](http://www.beyondclutter.com),

call (518) 238-3842, or email

[helen@beyondclutter.com](mailto:helen@beyondclutter.com).

## Rates:

Free, one-hour in-home initial consultation.

We charge hourly.  
Call for details.

B E Y O N D C L U T T E R

1211 Waterside Way

Cohoes, NY 12047

(518) 238-3842

[www.beyondclutter.com](http://www.beyondclutter.com)

[helen@beyondclutter.com](mailto:helen@beyondclutter.com)

---

# De-Clutter, De-Stress Your Move

An organizing service for moving your possessions and your lives with less stress.



Helen D. Volk, President  
(518) 238-3842  
[www.beyondclutter.com](http://www.beyondclutter.com)

---

B E Y O N D C L U T T E R

---

# De-Clutter, De-Stress<sup>®</sup> Your Move

**Overwhelmed by the thought of moving?**

---

**Can't decide what to take or let go of?**

---

**Stressed by all the work to be done?**

**Beyond Clutter** will actively organize your move from start to finish enabling you, with less stress, to:

- ◆ De-clutter possessions
- ◆ Move
- ◆ Resume living

**Organize the De-Cluttering Process:**

- ◆ Develop a plan and schedule
- ◆ Recommend where to start
- ◆ Suggest a system to mark items
- ◆ Gently help you decide what to take, what to let go of
- ◆ Assist with the physical work, such as sorting possessions and bagging trash

**Coordinate the Move:**

- ◆ Supervise packers
- ◆ Supervise movers
- ◆ Ensure furniture is correctly placed
- ◆ Direct boxes to proper rooms

**Organize your New Residence:**

- ◆ Unpack boxes
- ◆ Organize your possessions
- ◆ Arrange for packing materials and boxes to be removed

---

*With compassion, humor, enthusiasm and expertise Helen guided me through the process of downsizing and gave me the skills to maintain a clutter-free environment. She turned an overwhelming situation into a life-changing journey, traveling with me in manageable increments. She is an invaluable resource!*

*- A. Casler*