

**FOR IMMEDIATE RELEASE
Media Contact:**

**Marla Eby, Director, Marketing & Media Relations**

**meby@goodwillsocal.org**

**phone: 323-539-2104**

**JANUARY IS GET ORGANIZED MONTH. DECLUTTER WITH GOODWILL SOCAL**

***A new year is an opportunity to focus on sustainability, rethink home organization, and help create jobs by donating your items to Goodwill***

**December 26, 2023, Los Angeles, CA** —January is Get Organized (GO) Month, an opportunity to rethink home organization and consider ways to not only to declutter homes but also to benefit others in the process. When people donate to Goodwill SoCal, the revenue generated from those items sold at our stores funds job training and placement programs that help people in our local community receive much-needed skills and ultimately find jobs.

Here are some useful tips to consider, when getting organized for and during the new year.

**1) Relieve Stress**: Endless clutter can often be a source of stress in your life. With so many external stressors in the world right now, negative feelings can pile up and create emotional turmoil. Getting organized could help lift a weight off your shoulders. By letting go of what you no longer use, you can gain a clear — *less stressful* — outlook on your home and your life.

**2) Increase Productivity:** Disorganization can often make you feel unmotivated and unproductive. Clutter can stunt productivity at home and at work. Clearing out what you no longer need can give you the energy to focus on what’s important.If one of your resolutions involves getting back on track, then decluttering and organizing can be a great place to start.

**3) Stay Present:** Even if you don't realize it, clutter in your life can cause distractions. As you move through the new year, look each day at the things around your home that you really use. When you allow yourself some time for reflection on what you need — *or don’t need* — you’ll see what you can remove. Letting go of past clutter can help you stay present and set clear intentions for the future.

Once you’ve decluttered and reorganized, take the clothing and household items you no longer need to Goodwill SoCal so the life of the items can be extended, and they can be used by someone else in your community.

Please visit our website at [www.goodwillsocal.org](http://www.goodwillsocal.org) for specifics on what we do and don’t accept (Donation Guidelines). Due to the size of our territory, Goodwill SoCal does not pick up donations. You can find your nearest donation site [www.goodwillsocal.org/donate/donation-center-locator](http://www.goodwillsocal.org/donate/donation-center-locator) on our website. For furniture and larger items please call in advance to confirm space

“By donating to Goodwill Southern California, you not only help achieve your own 2023 goals, but the revenue generated from items sold at Goodwill stores helps fund job training and placement programs that give people in our local community a brighter future,” said Marla Eby, Goodwill SoCal Director of Marketing & Media Relations.

**Media who wish to film footage and / or interviews at Goodwill Southern California’s donation centers may contact Marla Eby, Director of Marketing & Media Relations, at** meby@goodwillsocal.org **or 323-539-2104.**

**About Goodwill Southern California**

Transforming lives through the power of work, Goodwill Southern California (GSC) serves individuals with barriers to employment by providing education, training, work experience and job placement services.  Each year, GSC prepares and places thousands of individuals into sustainable employment through programs and services offered at three campuses as well as Career Resource Centers, WorkSource Centers, Youth and Veteran Employment Programs throughout Los Angeles (north of Rosecrans Ave.), Riverside and San Bernardino counties.  GSC supports its mission with proceeds generated from more than 80 stores and additional freestanding attended donation centers.  GSC spends 95 percent of its budget on programs and services.  Committed to caring for the earth, last year GSC diverted over 130 million pounds of reusable or recyclable goods from landfills. Goodwill is GOOD for Everyone!  Follow Goodwill SoCal on social media - @GoodwillSoCal or visit [www.goodwillsocal.org](http://www.goodwillsocal.org) for more information.

**###**