

EmpowerHER Social Group - Fall 2025

Ages: 16 years+

Overview:

The purpose of this group is to help young female adults strengthen their ability to handle social anxiety, build their self-esteem and confidence, practice self-advocacy, and to provide social support.

How/Who:

The program will utilize approaches from research-based programs that promote social-emotional development through activities in a group. Sessions will be in-person.

- The program is designed for young females that maintain typical speech and cognitive ability skills.

Details:

- Thursday evenings at KidsLink Neurobehavioral Center from 5:00pm-6:00pm
- 9 week session:
 - September 4, 2025
 - September 11, 2025
 - *(No group during the week of 9/18)*
 - September 25, 2025
 - October 2, 2025
 - October 9, 2025
 - October 16, 2025
 - October 23, 2025
 - October 30, 2025
 - November 6, 2025
- Cost: \$540
 - To reserve your spot, please send payment of \$100 with the attached application. The remaining \$440 is due at the first group meeting.
 - *Cost is not prorated if a participant cannot attend one of the dates listed above. It is expected that a participant is in attendance for all meetings.*
- Per guidelines of insurance, the program costs may be reimbursable under the CPT code 90853 (*group psychological treatment*).

Developed & Facilitated by:

Rachel M. Undercoffer, Ed.S., NCSP, BCCS, SP #629
Independent School Psychologist
Board Certified Cognitive Specialist

Please complete the attached application and return it with your payment to:

*KidsLink Neurobehavioral Center
Attention: Melanie Collins
899 Frost Road, Streetsboro, Ohio 44241
Call KidsLink at 330-963-8600 with any questions*



Young Adult INFORMATION:

Name: _____ DOB: _____ Age: _____

Home Address: _____

Guardian Name: _____ Phone: _____

Email: _____

In Case of Emergency:

Contact Name: _____ Phone Number: _____

Relationship to Individual: _____

MEDICAL/PSYCHOLOGICAL:

Diagnoses: _____

Allergies (environmental & food): _____

Medications: _____

Additional Information to be completed by the young adult:

How do you spend your time during the day/evening? Do you work, attend school, volunteer?

What is your goal for attending this group?

What skills do you need to strengthen?

What are your strengths or interests?