

AFFIRM Group Interest

AFFIRM Groups

AFFIRM is a Cognitive Behavioral Therapy (CBT)-based group designed to help LGBTQ+ youth and young adults manage stress. As an evidence-based intervention, AFFIRM supports mental and sexual health, enhances coping skills, and validates strengths of its participants. AFFIRM is open to individuals 12 years old - Adults as well as parents of LGBTQ+ youth. Groups run throughout the year and most insurance is accepted. Grants may be available for those unable to pay. Please fill out the form before to learn more or to request enrollment information.

- ☐ I am interested in learning more about AFFIRM.
- ☐ I am interested in enrolling in an upcoming AFFIRM group.

Now enrolling for 2024 Groups

- ☐ 11-13 year old group
- ☐ 14-17 year old group
- ☐ 18-21 year old group
- ☐ 21 year and over group
- ☐ Parents of LGBTQ Plus group

Other services

- ☐ I am currently a client at Options
- ☐ I am currently receiving services elsewhere"
- ☐ none of the above

Group Attendees Name:

Group Attendees DOB:

Contact Person:

Contact Person relationship to Group Attendee

- ☐ caregiver
- ☐ caseworker
- ☐ provider
- ☐ self
- ☐ teacher
- ☐ other

Best contact Phone:

Best contact Email:

My best contact methods is ☐Phone☐Text☐email

Best day/time for a follow up contact?



How did you hear about AFFIRM

X _____



Signature Certificate

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Audit

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