

# EmpowerHer Referral

## Personal Information

Full Name: \_\_\_\_\_ Age: \_\_\_\_\_ Contact Number: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

Preferred method of contact:

## Additional Information

### How did you hear about our Support Group?

- Facebook  Sharehouse  F5  
 Word of Mouth  The Ridge  Other: \_\_\_\_\_

### Where are you at in your recovery?

- <30 days  30-90 days  90-180 days  180+ days

### What barriers exist for you to attend?

- Childcare  Transportation  Work Schedule  Motivation

On a scale of 1 to 10 how motivated are you in participating in the program? 1 being low and 10 being high motivation. Explain below.

**If you indicated needing childcare during group, what age and how many children?**

**If you indicated transportation needs, please explain how we can help.**

**Please list any questions you have regarding the support groups that we can answer either prior or during first group.**

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**EmpowerHer is a transformative 12-week journey designed to help you grow beyond traditional treatment settings.** Together, we'll build real-life skills that empower lasting change—things like budgeting with confidence, parenting in recovery, strengthening communication, and creating a strong support network.

Each session runs about 2 hours and is packed with both learning and growth: 45 minutes of engaging education, a refreshing 15-minute break, and 1 full hour dedicated to hands-on skill building and meaningful reflection.

What makes EmpowerHer unique is that it's peer-centered—you're not just attending, you're contributing. While each week has a guiding theme, the heart of the group is making sure YOU walk away with the tools, confidence, and support you need to succeed.

**✨ Come ready to learn, connect, and thrive—because your future is worth it!**

Send referrals and inquiries to: [empowerherfm@gmail.com](mailto:empowerherfm@gmail.com)

**Groups will be held every Tuesday 6pm–8pm**