

# Sign-Up Information: Teen Support Series

Thank you for completing this form to participate in the Teen Support Series: Handling Emotions, offered in partnership with Old Mill Center and the Corvallis Public Library. This group is open to teens ages 14 and older, due to mental healthcare consent laws.

This group is a mental health group facilitated by a therapist acting in an educational and support capacity; this group is not a clinical therapy program. Teens will focus on how to handle emotions effectively in this series. Topics may include how to manage mood swings, control angry outbursts, reduce irritability and depression, and get along with others. This will be a safe space for teens to share concerns and gain peer support from other teens navigating similar challenges.

Please fill out this form to help me better serve the group

\* Required

1. \_\_\_\_\_  
Email Address  
E-mail will be used to send continued group meeting links to join the series and related information
  
2. \_\_\_\_\_  
First and Last Name\*
  
3. \_\_\_\_\_  
Preferred Name (If different)
  
4. Pronouns\*  
*Choose all that apply.*
  - She, her, hers
  - He, him, his
  - They, them, theirs
  - Ze or zie
  - Hir/hirs
  - No pronouns please
  - Other: \_\_\_\_\_

## Sign-up Information

5. Address you will be at during group meetings (for safety). Please include street, city, state, and zip code\*

Street

City

State

Zip Code

6. Age\* (note: this group is open to teens 14 and older only due to mental healthcare consent laws)

Select 1

- 14
- 15
- 16
- 17
- 18
- 19
- Other: \_\_\_\_\_

7. Grade\*

Select 1

- 7
- 8
- 9
- 10
- 11
- 12
- Other: \_\_\_\_\_

## Sign-up Information

8. School\*

*Select 1*

- Linus Pauling Middle School
- Cheldelin Middle School
- Franklin School
- Corvallis High School
- Crescent Valley High School
- College Hill
- Homeschool
- Other: \_\_\_\_\_

9. How did you hear about the group?

*Select 1*

- Facebook
- Instagram
- Word of mouth/from someone I know
- Library website
- Library email newsletter
- Old Mill Website
- At school
- Other: \_\_\_\_\_

10. What do you most want to get out of this group?

## **Sign-up Information**

11. Do you have any concerns about joining and/or participating in this group? If so, what are they?
  
  
  
  
  
  
  
  
  
  
12. Is there anything else I should know about you?