



Empowered with ADHD: Group Therapy



GROUP LEADER: PAYTON SCHNEIDER, MSW, LGSW

GROUP SUPERVISOR: STACIA HANSON, MA, LP

DETAILS

WHAT: GROUP THERAPY

**WHEN: TUESDAYS @ 3-4 PM,
MAY 7, 2024 - JULY 23, 2024**

WHERE: LILIUM CENTER
1197 Grand Ave, St Paul, MN 55105

FOR WHOM: INDIVIDUALS 18+
An ADHD diagnosis is required!

COST OF SERVICES

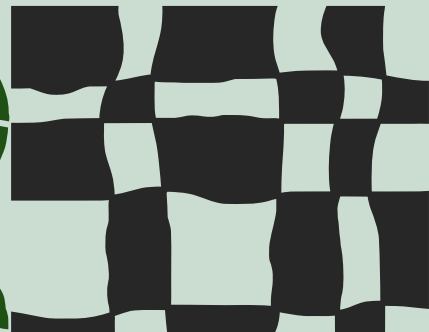
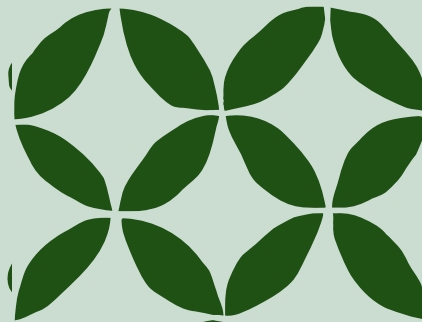
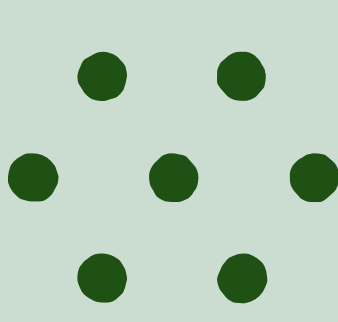
We accept various insurances and offer an out-of-pocket option. Here are our rates:

In-network Insurances: Blue Cross Blue Shield, HealthPartners, UCare, Aetna, Hennepin Health, Medical Assistance

Out-of-Pocket Rate: \$40 per session

OVERVIEW OF THE GROUP

This 12-week series provides a deep dive into understanding the ADHD brain, offering participants valuable skills to enhance focus, sharpen executive functioning, and improve overall wellbeing across various life domains. In this group, we are dedicated to fostering a safe and supportive space where members can openly share their unique experiences, challenges, and triumphs.



Meet Payton Schneider, MSW, LGSW



Credentials and Experience

- Education: Master's of Social Work degree, specialization in Clinical Mental Health from the University of Minnesota
- Experience working with children, teens, adults, couples, and families in both community-based and outpatient settings
- Employed by Lilium Center since November 2023
- Trained in ADHD clinical services

Payton works with individuals ages 10+, couples, and families from all gender, racial, and cultural backgrounds. Payton works with a variety of mental health issues, and she is especially passionate about supporting clients who face relationship challenges, traumatic experiences, and neurodivergence.

As a therapist who has been diagnosed with ADHD, Payton is committed to dispelling misconceptions around ADHD. Through a warm and compassionate therapeutic environment, Payton strives to collaborate with clients to explore neurodivergent brain functioning, develop effective coping strategies, and celebrate their unique strengths.

Payton is leading this 12-week group series under the supervision of Stacia Hanson, MA, LP at Lilium Center. Stacia has attained recognition as an ADHD-Certified Clinical Services Provider (ADHD-CCSP). Sign up for this 12-week series to join us on our journey towards neurodivergent empowerment and wellbeing!

READY TO GET STARTED?

Call 763-703-4215 ext. 115 or email payton@liliumcenter.com to set up a 10-15 minute phone consultation to obtain more detailed information and determine if this group is an appropriate fit for your needs.