

# PEERS®

## *Social Skills Training Group for Teens and Young Adults*

PEERS® is an evidence-based, social skills intervention program for motivated teens in high school and young adults who are interested in learning ways to help them make and keep friends. During each group session, teens and young adults are taught important skills and are given the opportunity to practice these skills in session during socialization activities. Parents and Social Coaches attend separate sessions at the same time and are taught how to assist their teens/young adults in making and keeping friends by helping to expand their social network. Parents/Social Coaches will also be provided with feedback through coaching during weekly socialization homework assignments.

Information regarding the PEERS® program can be found at [www.semel.ucla.edu/peers](http://www.semel.ucla.edu/peers)

### **WHO ARE THESE TWO GROUPS FOR:**

- Teens between the ages of 13 – 18 who are having difficulty making friends
- Young adults 18+ who are having difficulty making friends
- Teens and young adults must be motivated and interested in participating in this program
- A parent/guardian/social coach must be willing to participate in this program consistently

### **WHAT THE TEENS AND YOUNG ADULTS WILL LEARN:**

- How to use appropriate conversation skills, find common interests by trading information
- How to appropriately use humor and be a good sport
- How to enter and exit conversations between peers
- How to handle rejecting, teasing, and bullying
- How to handle rumors and gossip
- How to be a good host during get-togethers
- How to make phone calls to friends
- How to choose appropriate friends
- How to handle arguments and disagreements and change a bad reputation



### **YOUNG ADULTS WILL ALSO LEARN:**

- How to find and choose good friends and romantic partners, let someone know you like them and ask them out on a date, and appropriate dating etiquette

### **WHEN:**

- Thursday evenings from January 31<sup>st</sup> 2019 – May 31<sup>st</sup> 2019 (no class on March 21<sup>st</sup> and 28<sup>th</sup>)
- Teens from 5:30pm – 7:00pm and young adults from 7:00pm – 8:30pm

### **WHERE:**

- Pacific Autism Family Network, 3688 Cessna Dr, Richmond, BC V7B 1C7

### **COSTS:**

- The cost of this program is \$1600. This includes the intake meeting and the 16-week intervention.
- Autism Funding can be used for this program.

### **FOR MORE INFORMATION:**

- Please contact Connie Ng, Board Certified Behavior Analyst and certified PEERS® provider [conniecho@gmail.com](mailto:conniecho@gmail.com)