

**Hurry!
Don't be left out!
Classes forming now
for next session!**

Call today for a free prescreening phone interview to establish your teen's appropriateness for the program. Teens must have motivation to attend and adequate verbal skills to ensure the ability to follow the lessons presented. Parents must agree to attend classes each week and assist with the completion of homework. Together, we will work with you as a team to accomplish your teen's ultimate goal—making friends!

**Social Skills Development
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**Social Skills
Development
Center**

Parent-assisted intervention focusing on teens who are having difficulty making or keeping friends.

***Social Skills
Training for
Adolescents***



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What is PEERS?

PEERS (Program for the Evaluation and Enrichment of Relational Skills) is a parent-assisted intervention focusing on teens in middle school and high school who are having difficulty making or keeping friends. This is an evidence-based program developed by UCLA.

Research findings included an increase in teen social skills knowledge, an increase in the number and frequency of hosted get-togethers, improved cooperation, assertion, and responsibility with regards to overall social skills, and improved social responsiveness.

The program targets skills development rather than correction of social mistakes. Parents are an integral component of the intervention.



How It Works

The intervention includes separate parent and teen sessions that meet at the same time for 90 minutes each week over a 16-week period. The group focuses on skills like having conversations; entering and exiting conversations; using electronic forms of communication; choosing appropriate friends; handling teasing, bullying, and other forms of social rejection; handling arguments and disagreements with friends; and having appropriate get-togethers with friends, including how to be a good host and a good sport.

Parents and teens are required to do homework assignments each week so they can generalize what they learn in session to home, community, and school environments.

What Can I Expect?

Teens meet in a small group format and receive specific instruction. Concrete rules and steps of social etiquette are presented. Lessons include role-playing and modeling for both appropriate and inappropriate behaviors. Teens rehearse the lesson taught and receive in-session coaching. Homework includes real-life practice.

Parent sessions run concurrently. It is mandatory

that at least one parent consistently attend the program every week. The parent group provides social coaching, assistance with the generalization of skills learned each week, and guidance on interpersonal problem-solving,

By the middle of the intervention, parents will often report, "My teen no longer stays in his room when company comes, but comes out to interact more." By the end of the intervention, many teens will be having regular get-togethers with small groups of peers.



Not only is our program helpful for adolescents diagnosed with Autism Spectrum Disorder, ADHD, Anxiety, Depression, Social Phobias, Bipolar Disorder, and OCD but it has also been proven beneficial for shy, introverted or socially awkward teens.