

Is Our Training Program Right for You?

- ◇ Would you like to have more friends?
- ◇ Is it difficult for you to read and understand body language?
- ◇ Do you feel anxious or nervous in social settings?
- ◇ Do you find it difficult to initiate contact with others in person or by phone?
- ◇ Are most of your social activities done alone or on line such as video games?
- ◇ Do you have more acquaintances than true friends?
- ◇ Are you unsure where to meet people?
- ◇ Can you tell whether you are being accepted into a conversation or not?
- ◇ Do you find it difficult to resolve disagreements?
- ◇ Do you worry that you will never live independently?
- ◇ Is it difficult for you to take the perspective of others?

If you answered “yes” to any of the above questions, you *will* benefit from participation in our program.

Call today for a free pre-screening interview.



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Young Adult Transitions

Specializing in
teaching the social
skills needed to be
successful in
your personal,
academic and work
environments

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Development Center**

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Social Skills for Young Adults

Transitioning from high school to young adulthood can be daunting. Your support system of friends you enjoyed on a daily basis is no longer present in your life and you miss the camaraderie of interacting with others who understand the pressures and experiences that you encounter. You must attend college or find a job and ultimately “grow up” but how?

It isn't always easy to connect with others on a college campus or on the job. Everyone is busy with deadlines and schedules so making friends isn't always on their agenda. When you do try



to reach out, you don't feel accepted and tend to withdraw thinking it's easier to stay home Friday night than to put yourself out there and get rejected. Sound familiar?

You're not alone. There are others who feel the same way and are waiting to meet YOU!

Our Program

Social Skills Development Center has been teaching social skills to teens and young adults with proven success. Our young adult class is based on the acclaimed UCLA PEERS® program, the only research-based approach in the world for helping adolescents and young adults make and keep friends.

How it works

Success in our program is based on each young adult's motivation to attend. The program includes separate parent/caregiver and young adult sessions that meet at the same time for 90 minutes each week over a 16-week period. The group focuses on concrete rules and steps of social etiquette identified through research. Topics include improving conversational skills, expanding social opportunities, identifying strategies for handling peer rejection, and developing and enhancing friendships. Lessons are taught using didactic teaching followed by key rules and steps of social behavior. Students are expected to complete practical homework assignments each week to generalize what they have learned in session to home, community and/or school environments.

What can you expect?

Young adults meet in a small group format and receive specific instruction. Lessons include written and verbal rules, modeling of appropriate and inappropriate behaviors by

social coaches and the opportunity to practice in session with personal coaching.

Parent/caregiver sessions run concurrently. It is mandatory that at least one parent/caregiver attend the program every week. The parent group provides social coaching tips, assistance with the generalization of skills learned each week and guidance on interpersonal problem-solving.

By the end of the intervention, young adults report, “I feel more comfortable in social settings” and “I have the tools I need to approach a group of people and actually make friends”. Upon conducting follow-up after graduation from our services, parents/caregivers confirm that their young adult is more engaged in life. Their child's independence no longer feels unattainable.

Who can benefit?

Our program is helpful for young adults diagnosed with Autism Spectrum Disorder, ADHD, Anxiety, Depression, Social Phobias, Bipolar Disorder, and OCD as well as those who are just socially awkward.



Participants must be fully verbal and of at least average IQ.