

PEERS[®] SOCIAL SKILLS PROGRAM FOR ADOLESCENTS AND YOUNG ADULTS

Facilitated by Diane Gould, LCSW, BCBA & Fran Shapiro, NCSP

What is PEERS[®] ?

PEERS[®] is a premiere, evidence based social skills intervention program for socially challenged teens and young adults and their parents that was developed by a team of scientists at UCLA to teach participants how to make and keep friends.

Who Is It For?

- Young adults ages 19-29
- Teens ages 14 – 18
- Motivated individuals
- Committed parents
- Verbal and emotionally regulated individuals with Asperger's Syndrome, & similar challenges

How Does It Work?

- 2 UCLA trained facilitators lead weekly sessions for parents, teens and young adults
- Parent provides support at home to reinforce skills
- Small group instruction utilizing role plays, behavioral rehearsals and homework assignments

What Are The Results?

Participants will acquire the skills to:

- Choose appropriate friends
- Use enhanced conversational skills
- Develop dating strategies
- Improve their ability to handle teasing and rejection
- Handle arguments and disagreements
- Use humor appropriately



**For more information www.peerschicago.com
email: peerschicago@gmail.com or call 847.494.3188**

Contact us for upcoming dates for Deerfield and Westmont programs