

Social Skills Group for Adolescents



About the program:

PEERS® for Adolescents is a 14-week evidence-based social skills intervention for motivated teens in middle and high school who are interested in learning new ways of making and keeping friends.

Teens are taught social skills and are given the opportunity to practice these skills in session during socialisation activities.

Parents attend separate sessions at the same time and are taught how to assist their teens in making and keeping friends by helping to expand their teen's social network.

PEERS® may be appropriate for teens with Autism Spectrum Disorder, ADHD, Anxiety, Depression or other social and behavioural disorders. Parent participation is required.



Your teen will learn to:

Use appropriate conversation skills

Use humour appropriately

Use electronic communication

Enter & exit conversations

Be a good host during gatherings

Be a good sport

Handle disagreements

Change a bad reputation

Handle rumours and gossip

Handle rejection and bullying