

PEERS[®]

for Teens and
Young Adults



PEERS[®] is a social skills program that brings individuals with diverse abilities together to connect and build friendships. The focus is to develop and strengthen friendship skills and teach important social behaviours. The program uses an evidence-based approach to teach social skills paired with opportunities to practice through role play, and fun and creative activities.

Participants will learn about:

- Developing conversation skills
- Using electronic forms of communication
- Choosing friends
- Handling teasing, rejection, bullying, arguments and disagreements
- Having social get-togethers
- Using humour
- Dating etiquette

Learn more about PEERS[®] here: <https://www.semel.ucla.edu/peers>

Group formats

The 14-week teen program and 16-week adult program, meet once per week for 90 minutes. Parents and support network members meet at the same time, as a distinct group. The program length may be shortened by two weeks due to seasonal holidays.

These programs are facilitated and/or supervised by a Certified PEERS[®] provider, and offered in Metro Vancouver, the Okanagan region and Vancouver Island (South/Central).

Note: Fees may be paid through the Autism Funding Unit for qualifying participants for the teen program.

Who would benefit?

Teens and adults who are:

- Motivated to make and keep friends
- Able to communicate verbally and want to participate in games and interact with other participants as part of the learning process
- Able to focus and are independent in group settings (*e.g., personal care needs*)

Contact us

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