

PEERS[®] Teens and PEERS[®] Young Adults

PROGRAM FOR THE EDUCATION & ENHANCEMENT OF RELATIONSHIP SKILLS



The teen or young adult group where you can learn how to successfully make and keep friends. The group for young adults also learns dating skills like how to flirt and ask someone on a date.

What is PEERS[®]?

A social skills treatment group where teens or young adults learn how to make and keep friends. Young adults also learn dating skills

Who attends?

Two separate groups are offered. One for teens (middle or high school aged) and one for young adults (college, university, vocational settings, etc.) who have social challenges. Caregivers attend a separate group concurrently.

Why are caregivers involved?

The PEERS[®] program is unique in its inclusion of a social coaching group. This requires caregivers (parents, siblings, etc.) to attend treatment sessions. This allows them to learn the best strategies to help generalize the skills that are taught in treatment and how to best provide support to their loved ones.

When will the groups occur?

Groups are held once a week for 90 minute sessions. Teen treatment lasts 14 weeks. Young adult treatment lasts 16 weeks. Call for days of week and times.

What will it cost?

Fee for each group session is \$150. This fee is inclusive of both 1) teens or young adults and 2) caregivers.

Interested in PEERS[®]?:

Call **561-223-6568** or
click [here](#) to complete the
online interest form.

PEERS[®] is an evidence-based treatment program developed by UCLA to teach teens and young adults with social challenges how to make and keep friends. Some of the topics that will be addressed over the course of treatment include: conversation skills, common interests, non-verbal communication, electronic communication (social media, etc.), choosing friends, extracurricular activities, using humor, how to host a get-togethers, good sportsmanship, handling teasing & bullying, how to change a bad reputation, and others. Young adults will also learn dating skills like flirting, how to ask someone on a date and handling sexual pressure.

A program developed by UCLA Semel Institute