



Friendship

Skills for

Teens with ASD and other social challenges

Based on **UCLA PEERS**® for Adolescents Curriculum by Dr. Elizabeth Laugeson

PEERS® is the only available evidence based program for social skills for ASD and it is used clinically for other youth with social challenges. PEERS® is not suitable for all adolescents.

Who is this for?

PEERS® is for verbal adolescents 12-18 years of age who are **self-motivated** to learn conventional social skills to initiate and maintain friendships

How are skills taught?

- Zoom video conference; stable WiFi and privacy are required. Adolescents must be able to navigate Zoom independently, be able to understand English and be able to engage for 90 minute sessions twice weekly with other teens.
- Targeted and deconstructed social skills are taught didactically as “rules”
- Role play demonstrations
- Small group behavioural rehearsal with direct coaching from facilitators
- Homework activities to practice skills in real-world situations

Topics Covered*:

- Introduction to the science of making friends (free)

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- Starting and ending a conversation
- Having a reciprocal conversation
- Choosing friends
- Being a good sport and humour
- Planning and organizing get-togethers
- Responding and bringing up disagreements

*subject to change

When?

6 weeks taught by experienced school-based professionals who embrace and respect neurodivergence. Sessions will be twice weekly on **Tuesday and Thursday afternoons from 1-2:30 pm (EST) via Zoom**. Sessions begin the week of July 13th and end August 19th.

Expression of Interest:

Book and Information and Screening Session (required)

Please send an email to Marlac9692@gmail.com with PEERS in the subject line by June 25, 2021. You will be sent a form to schedule a 30-60 minute screening with [Marla](#) to determine if this is the right option for you and your adolescent.

Note: We will offer one introductory session free of charge to adolescents following completed intake during the week of July 14. This will allow your teen to 'try the first session' and also allow the facilitators to build groups. Also, we will not be able to run these sessions if we do not have a minimum number of participants.

Investment

\$600 per youth (may be covered as a psychological service with some insurance companies or through [OAP](#) funds) for 12 sessions (6 weeks). No direct billing. There is no charge for the intake session nor the first session for adolescents. Afterwards, the adolescents will be expected to attend all of the remaining sessions and full payment is due by July 16th 2021.

A commitment to assist your adolescent is recommended.