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## PEERS®

The Program for the Education & Enrichment of Relational Skills (PEERS) for Adolescents® is an evidence-based program for teens in grades 7-12 and their parents or other supportive adults.

Developed at UCLA for Autistic individuals as well as those with Attention Deficit/Hyperactivity Disorder (ADHD), social anxiety, and other socio-emotional areas of need, it includes separate weekly group sessions for teens and their adult social coaches. Teens and their parent coaches will learn about:



- Trading information
- Choosing friends
- Exiting conversations
- Two-way conversations
- Get togethers
- Electronic communication
- Joining group conversations
- Understanding humour feedback

### Program structure:

- Core PEERS content is covered over 28 hours of group evening sessions for parents and teens. Additional modules are available to families wishing to access additional PEERS content relevant for their teen (e.g., handling bullying, changing a reputation, being a good sport).
- Parents/adult coaches attend for 1.5 hours per week and teens attend for 2 hours per week. Adults join the teen session for the last 15 minutes each week.

### Cost:

- The program is typically offered in a large group format (up to 9 families) at a cost of \$115/hour. The total cost for the core 28 hours is \$3220. The cost for the additional modules is billed separately at the same hourly rate.
- All sessions are led by registered speech-language pathologists and may be covered by extended health care plans. Families may also choose to use OAP funding for this program.
- Group start date is confirmed upon enrolment of a minimum of 5 families. On occasion, we may offer a small group option for 2-4 families at a cost of \$150/hour.