

PEERS® ONLINE: DEVELOPING RELATIONSHIP SKILLS

There is no greater skill to learn and master than how to make and keep friends!

The UCLA Program for the Education and Enrichment of Relationship Skills (PEERS®) is a globally recognized evidence-based program for individuals facing challenges like autism spectrum disorders, ADHD, anxiety, and depression.

PEERS® applies a 14-week intervention for motivating individuals who are interested in learning ways to make and keep friends. In these group sessions, participants are taught important social skills and are given an opportunity to practice these skills in session during role play. Simultaneously, support persons engage in a separate group, learning how to assist individuals in developing and maintaining friendships through coaching and assigned socialization homework.

Group Duration: 14 Weeks / 1.5 Hours per Session

**AGES
13-18**



Is PEERS® Right For Your Family?

PEERS® is an excellent choice for your family if you are seeking to empower your teen with valuable communication & social skills. Parents and teens learn together in this research-backed program that unlocks the confidence and skills necessary for your family to create meaningful relationships and thrive in diverse social environments.

Scan this QR Code to register
and to learn about our additional
group activities.



Participants Will Learn How To

- ✓ Initiate conversations effectively
- ✓ Develop and maintain friendships
- ✓ Interpret and use body language
- ✓ Manage conflicts constructively
- ✓ Navigate online interactions safely
- ✓ Feel at ease in group settings
- ✓ Understand social norms and cues
- ✓ Handle peer pressure confidently
- ✓ Strengthen active listening skills
- ✓ Express themselves with self-assurance