



PEERS[®] SOCIAL SKILLS GROUP

FOR ADOLESCENTS (AGES 13-17)

LEARN HOW TO MAKE AND KEEP FRIENDS

The PEERS[®] is a research-based program that teaches individuals how to make and keep friends. It was developed at UCLA in 2005 and shows lasting social benefits over time. Completion of the PEERS[®] program benefits nearly everyone, and is particularly beneficial for individuals with ADHD, Anxiety, Depression, Autism Spectrum Disorder, or other social challenges. Groups are developed to ensure similar levels of functioning across group members.

Topics include:

- Entering and exiting conversations
- Conversational skills
- Using humor appropriately
- Choosing appropriate friends
- Good Sportsmanship
- Handling arguments and disagreements
- Handling rejection, teasing, and bullying

PEERS[®] is a 16-week program with weekly 90-minute groups that include simultaneous parent training.

For questions or participant applications, please contact us.

Email – info@innerfokus.com

Phone – (949) 393-4219

www.innerfokus.com

**14-- Week
Evidence
Based Social
Skills Training**

**Meets Every
Monday
6:00 -- 7:30 pm**

**SUMMER
2017**

**ACCEPTING
APPLICATIONS
NOW!**

**OUR OFFICE IS
LOCATED AT:**

352 Third Street,
Suite 308
Laguna Beach
CA 92651