



# PEERS<sup>®</sup> SOCIAL SKILLS GROUP

FOR ADOLESCENTS (Ages 13-17)

## LEARN HOW TO MAKE AND KEEP FRIENDS

The PEERS<sup>®</sup> Program 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<sup>®</sup> 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
- Using humor appropriately
- Choosing appropriate friends
- Good sportsmanship
- Handling arguments & disagreements
- Handling rejection, teasing, & bullying

PEERS<sup>®</sup> is a 16-week program with weekly 90-minute groups that include simultaneous parent training.

For questions or participant applications, contact us.

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[www.innerfokus.com](http://www.innerfokus.com)

16-Week  
Evidence  
Based Social  
Skills Training

Starting:  
May  
2017

Meets  
Weekday  
Evenings

Accepting  
Applications  
Now!

OUR OFFICE IS  
LOCATED AT:

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