



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

**FOR OLDER TEENS AND YOUNG ADULTS**

## **LEARN HOW TO MAKE AND KEEP FRIENDS**

The Program for the Education and Enrichment of Relational Skills (PEERS<sup>®</sup>) was developed at UCLA in 2005. This course is designed for young adults (16-25 years old) with ADHD, anxiety, depression, Autism Spectrum Disorder, or other social challenges to learn how to make and keep friends.

While individuals are in session, a parent or mentor attends a coaching session to learn how to support young adults through this process.

Topics include:

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

If you would like to participate in this group, please contact us by sending an email to **info@innerfokus.com** or call **(949) 393-4219**.

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

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**Meets Every  
Thursday  
2pm - 3:30pm**

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**Starting  
April 20,  
2017**

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**OUR OFFICE IS  
LOCATED AT:**

352 Third Street,  
Suite 308  
Laguna Beach  
CA 92651