



# PEERS®

## Program for the Education and Enrichment of Relational Skills



Theodore and Daniel, CPA clients since 2019.

### Learn how to make friends and improve social skills

PEERS® is a 16-week social skills program for teenagers and young adults who are interested in learning ways to help them make and keep friends.

PEERS® was developed and is certified from the University of California (UCLA) by Dr. Elizabeth Laugeson. The program is evidence-based and delivers results for adolescents and young adults with autism spectrum disorder (ASD). PEERS® is also suitable for those with attention deficit hyperactivity disorder (ADHD), anxiety, depression and other social and emotional challenges.

During each group session, individuals are taught important social skills and are given the opportunity to practise these skills during socialisation activities. Parents are taught how to assist their teens in making and keeping friends by providing feedback through coaching, so the skills learned are continuously practised and refined following the program.

Contact us to learn more about PEERS® including availability of this sought after program. **Limited places available.**



Call us on **1300 888 378**



Email us at [ask@cerebralpalsy.org.au](mailto:ask@cerebralpalsy.org.au)



Visit [cerebralpalsy.org.au](http://cerebralpalsy.org.au)

CHALLENGE  
*Accepted*





## Outcomes

The program gives you the keys to successfully:

- Use appropriate conversational skills
- Choose suitable friends
- Appropriately use electronic forms of communication
- Use socially acceptable humour and assess humour feedback
- Be a good sport when playing games/sports with friends
- Handle arguments and disagreements with friends and in relationships
- Handle rejection, teasing, bullying, rumours/gossip, and cyber bullying

## PEERS®

### What does this program involve?

- To ensure the program content is age appropriate, PEERS® runs in two streams, with a group for 13-17 year olds and a group for 18-24 year olds.
- To maximise outcomes for the young people, parents also attend the program at the same time but in a different session, and are taught how to assist and support their teen both during and following the program.
- Young adults will receive an additional 1:2 coaching session each week to practise skills.
- Interactive weekly group classes provide the opportunity to practise new skills during each session, then at home or in a familiar environment.

### Who is this program for?

- Designed for young people aged 13-17 and 18-24 years with autism spectrum disorder (ASD), attention deficit hyperactivity disorder (ADHD), depression, anxiety or other social and behavioural concerns.
- Those wanting to learn ways to make and keep friends.

“ My daughter, Jessica, has Down Syndrome. Thanks to the program, she is a lot more confident with her telephone skills, and she is now very enthusiastic about organising get-togethers with her friends. ”

**Tracey, Mum of CPA Youth Client**

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