

**Next group starts in  
September 2017!**



**THE CHILDREN'S CENTER**  
FOR  
PSYCHIATRY, PSYCHOLOGY,  
& RELATED SERVICES

# PEERS<sup>®</sup> for Teens

PROGRAM FOR THE EDUCATION & ENHANCEMENT OF RELATIONSHIP SKILLS



**The teen group where you can learn how to successfully  
make and keep friends.**

## **What is PEERS<sup>®</sup>?**

A social skills treatment group where teens learn the skills for how to make and keep friends.

## **Who attends?**

A group of 6-12 teens, between middle and high school, will attend a skills group where they learn new social lessons each week. Caregivers (parents, family members, etc.) attend a separate group that runs concurrently.

## **Why are caregivers involved?**

The PEERS<sup>®</sup> program is unique in its inclusion of a social coaching group. This requires caregivers (parents, family members, etc.) to attend treatment sessions. This allows them to learn the best strategies to help generalize the skills that are taught in treatment and how to best provide support to their loved ones.

## **When will the groups occur?**

Groups are held once a week for 90 minute sessions. Teen treatment lasts 12 weeks. Our Fall 2017 group will be held on Mondays after school hours.

## **What will it cost?**

Fee for each group session is \$125. This fee is inclusive of both treatment groups for the teens and their caregivers.

## **Interested in PEERS<sup>®</sup>?:**

Call  
**561-223-6568**  
or complete an online  
interest form

PEERS<sup>®</sup> is an evidence-based treatment program developed by UCLA to teach teens and young adults with social challenges how to make and keep friends. Some of the topics that will be addressed over the course of treatment include: conversation skills, common interests, non-verbal communication, electronic communication (social media, etc.), choosing friends, extracurricular activities, using humor, how to host a get-togethers, good sportsmanship, handling teasing & bullying, how to change a bad reputation, and others. Young adults will also learn dating skills like flirting, how to ask someone on a date and handling sexual pressure.

A program developed by UCLA Semel Institute