

PEERS® Social Skills Group for Young Adults

PEERS® for Young Adults is a 10 week, evidence-based social skills intervention program for motivated young adults, between 18-35 years of age; who are interested in learning the skills required to make and keep friends. This internationally acclaimed program was originally developed at UCLA and has been shown as part of the dating boot camp, on the Netflix series *Love and the Spectrum*.

During each group session, participants are taught important social skills and given the opportunity to practice these skills. PEERS® may be appropriate for adults on the autism spectrum or with ADHD, anxiety, depression; as well as other social and behavioural disorders. Individuals must be socially motivated, attend each session and have a designated social coach in order to practice skills taught.

YOUNG ADULTS WILL LEARN ABOUT:

- Developing and Maintaining Friendships
- Conversational skills
- Entering and Exiting Conversations
- Appropriate use of humour
- Electronic communication
- Handling direct and indirect bullying
- Handling arguments & disagreements
- Organising get-togethers with friends
- Dating skills



Date: 09 April - 11 June 2024

Time: 1:00 - 2:00pm

Cost: \$71.83 per 1 hour session

Location: 8/103-105 Currie Street, Nambour

Contact: info@behaviourconsultingservices.com.au

P: 0402 554 476

***All those interest will have specific eligibility criteria to meet and may require a brief meeting beforehand to ensure program suitability**