

Social Skills Group For Adolescents

UCLA PEERS®



Delaware
Psychological
Services

PEERS® for Adolescents is a 16-week evidence-based social skills intervention for motivated teens in middle and high school who are interested in learning new ways of making and keeping friends. This internationally acclaimed program, used in over 35 countries, was originally developed at UCLA by Dr. Elizabeth Laugeson. During each group session, teens are taught important social skills and are given the opportunity to practice these skills in session during socialization activities. Parents attend separate sessions at the same time and are taught how to assist their teens in making and keeping friends by helping to expand their teen's social network and providing feedback through coaching during weekly socialization homework assignments. PEERS® may be appropriate for teens with Autism Spectrum Disorder, ADHD, Anxiety, Depression or other social and behavioral disorders. Parent participation is required.



Teens will learn how to:

- Use appropriate conversational skills
- Use humor appropriately
- Use electronic communication
- Enter & exit conversations
- Be a good host during get-togethers
- Be a good sport
- Handle arguments and disagreements
- Change a bad reputation
- Handle rumors and gossip
- Handle rejection, teasing and bullying

For enrollment information, please
contact
302-703-6332
or email:
contact@AlishaFletcher.com
For more information, please visit
website at www.AlishaFletcher.com

The next group will be held on
Monday's starting in January 2020
from 6:00-7:30 at
Cape Henlopen High School

