

# Does your child or teen struggle with making or keeping friends?



**PEERS® (Program for the Education and Enrichment of Relational Skills) is a 14-week evidence based social skills intervention for motivated teens in middle and high school who are interested in learning ways to help them make and keep friends. The program was developed by Ph.D. researchers at UCLA. Our staff was trained by Dr. Elizabeth Laugeson, one of the developers of the model**

#### Your Teen Will Learn:

- How to use appropriate conversational skills
- How to make phone calls to friends
- How to choose appropriate friends
- How to handle rejection, teasing and bullying
- How to handle arguments and disagreements
- How to be a good sport
- How to have a successful get together with friends
- And much more!

#### Evidence-based Instruction:

- Small group format
- Instructor and coaches model behavior
- Opportunities to practice appropriate behavior
- Homework to generalize lessons
- Parent training

**PEERS® may be appropriate for teens with:**

**Autism Spectrum Disorder – Anxiety – Depression – ADHD – Other social and behavioral problems**

**Classes are forming NOW!**

**Enrollment is limited. Parent Participation is required.**

If you are interested in learning more about the PEERS® Training, please contact your local Easterseals office or email: [autism@laeasterseals.com](mailto:autism@laeasterseals.com)

For more information about Easterseals, please visit us online at: [www.laeasterseals.com](http://www.laeasterseals.com)