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Program for the Enrichment & Enhancement of Relationship Skills



PEERS for TEENS® is one of the only evidence based social skills intervention programs. The program is designed for motivated teens to learn ways to make and keep friends. PEERS for TEENS® is a 14-week program suited to young people on the autism spectrum, and also has proven efficacy for adolescents with attention deficit hyperactivity disorder (ADHD), anxiety, depression and other social challenges.

Participants benefit from interactive weekly classes, which provide the opportunity to practise new skills during the session, and then again at home or in a familiar environment.

WHO ATTENDS?

PEERS for TEENS® is a caregiver assisted program, where two groups run concurrently.

GROUP 1

Facilitated by Autism Consultant, Fiona Goodall

- 6-12 teens between the ages of 13 and 17 years.

GROUP 2

Facilitated by Registered Psychologist, Marissa Irvine

- Parents or caregivers of the teens.

TEENS LEARN TO...

-  Start, enter & exit conversations between peers
-  Choose appropriate friends with common interests
-  Appropriately use electronic forms of communication
-  Appropriately use humour and assess humour feedback
-  Organise successful get-togethers with friends
-  Be a good sport when playing games/sports with friends
-  Handle arguments and disagreements
-  Handle rejection, teasing, bullying, rumours/gossip & cyber bullying
-  Change an unwanted reputation

WHY ARE CAREGIVERS INVOLVED?

PEERS for TEENS® is unique in its inclusion of a social coaching group. To maximise learnings and outcomes from the program it is essential for at least one parent/caregiver to attend the program with the teen. Parents attend separate sessions at the same time and are taught how to assist and support their teen both during and following the program.

DETAILS

THURSDAYS: 4pm to 5.30pm

Weeks 1 to 7: 5th May to 16th June

Weeks 8 to 14: 14th July to 25th August

123 Neil Street Toowoomba

EXPRESSIONS OF INTEREST

Email Fiona Goodall at:

makingconnectionstoowoomba@gmail.com

MORE INFORMATION

www.makingconnectionstoowoomba.weebly.com

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