



Does your teen have trouble making and keeping friends?

PEERS[®] Social Skills for Adolescents

PEERS[®] for Adolescents is a 14-week evidence-based social skills program for motivated teens in middle and high school who want to learn new ways of making and keeping friends. Teen sessions include explicit teaching of social skills and opportunities to practice. Parents attend separate sessions at the same time and are taught how to support their teen in expanding their social network and handling various social situations. Parent participation is required. PEERS[®] may be appropriate for teens with Autism Spectrum Disorder, ADHD, Anxiety, Depression or other social and behavioral disorders.

14 Telehealth Sessions

90 Minutes per Week

\$200 per session



Teens will learn how to:

- Use appropriate conversational skills
- Use humor appropriately
- Use electronic communication
- Enter and 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



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Contact us to learn more!