



PEERS® Social Skills Group for Young Adults

PEERS® for Young Adults is a 16-week evidence-based social skills program for motivated young adults (ages 18-35) who want to learn new ways of making and keeping friends. Sessions include explicit teaching of social skills and opportunities to practice. Young adults must have a consistent social coach (e.g., caregiver, sibling, partner) willing to attend the program each week. PEERS® may be appropriate for young adults with Autism Spectrum Disorder, ADHD, Anxiety, Depression or other social and behavioral disorders.

16 Telehealth Sessions

90 Minutes per Week

\$200 per session



Young adults will learn about:

- Developing and maintaining friendships
- Conversational skills
- Entering and exiting conversations
- Using humor appropriately
- Electronic communication
- Organizing get-togethers
- Handling rejection, teasing, and bullying
- Dating Skills
- Handling dating pressure



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Contact us to learn more!