



Social Skills Group for Teens: PEERS®

Fall 2013

ABOUT THE PROGRAM PEERS® (Program for the Education and Enrichment of Social Skills) is a 14-session **evidence-based** social skills intervention for motivated teens between the ages of 13-19 who are interested in learning ways to help them make and keep friends. During each session, teens are taught important social skills and are given the opportunity to practice these skills during socialization activities. While teens are in their session, parents have their own facilitated session where they are taught 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.

YOUR TEEN WILL LEARN HOW TO...

- ✓ Use appropriate conversational skills
- ✓ Find common interests by trading information with others
- ✓ Appropriately use humour
- ✓ Enter and exit conversations between peers
- ✓ Handle rejection, teasing, and bullying
- ✓ Handle rumours and gossip
- ✓ Be a good host during get-togethers
- ✓ Make phone calls to friends
- ✓ Choose appropriate friends
- ✓ Be a good sport
- ✓ Handle arguments and disagreements
- ✓ Change a bad reputation

YOUR INVOLVEMENT

- This is a **research project** conducted in collaboration with the U of C's ASERT team (www.ucalgary.ca/asert)
- Participate in intake interview to determine eligibility for program
- Complete research measures once eligibility is determined
- Parent and Child participation at all 14 sessions is required

All sessions will be held at:

The Ability Hub

3rd Floor, 3820 – 24th Avenue NW

Calgary, AB T3B 2X9

403.210.5000

Program Dates: September - December 2013

Time: 7:00 – 8:30 PM

DETAILS AND CONTACT

Cost: \$500*

Interested families who would like to be placed on the waitlist are encouraged to email Shirley Anderson: sanderson@theabilityhub.org

ONCE PROGRAM DATES ARE FINALIZED, FAMILIES WHO ARE ON THE WAITLIST WILL BE CONTACTED

For more information regarding the content of PEERS sessions please contact Ryan Matchullis at: asert@ucalgary.ca

