

PEERS COMING SOON!

Social skills group for young adults



Questions? Contact Sarah Kay on 0431 145 273

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PEERS for Young Adults is a 16-week evidence-based social skills intervention for motivated young adults.

Who is it for? Anyone aged 18-38 years, with Autism Spectrum Disorder, ADHD, Anxiety, Depression, or other social and behavioural disorder. You will need to appoint a "social coach" (e.g., parent or significant other), who will come to sessions and help with carryover assignments.

Why join us? If you are interested in learning skills to <u>make and keep friends</u> and/or <u>develop romantic relationships.</u>

What happens? Young adults and social coaches attend 16 weekly group sessions for 90 minutes per week. Young adults are taught social skills and practice these skills. Social coaches attend separate sessions and are taught how to assist young adults to make and keep friends.