



PEERS SOCIAL SKILLS PROGRAM

Make and maintain friendships.
Reduce social anxiety.

10 week

**Face to Face
Social skills course
role playing**

**For autistic teens
and
young adults**

Mondays /Fridays

Peers Foundation
Peers Plus



Contact: 07 5564 1460 /0431 584 093

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Morris room, 50 Fairway Drive, Clear Island Waters





What is PEERS®?

PEERS® stands for Program for the Education and Enrichment of Relational Skills.

The PEERS® program is an evidence-based social skills program that aids young people and young adults in enhancing their ability to form and sustain friendships while confidently engaging in social settings. Originally developed by Dr Elizabeth Laugeson at the University of California (UCLA).

At GC Therapy Hub, we have adapted the program to align with today's society in an Australian environment, teaching essential social skills. We focus on teaching young individuals how to regulate - not Mask in social situations, setting boundaries and foster positive friendships, and maintaining them. The program is conducted in small groups, but tailored individual sessions are also available based on the participant's requirements.

We offer a PEERS Foundation Program, where we focus on the nuts and bolts of a great friendship, teaching the art of Conversations, Choosing Appropriate Friends, Handling Arguments, setting boundaries and Online Safety.

Upon mastering these skills, individuals can progress to our PEERS Plus Program, which offers advanced training in Enhancing Reputations, Cultivating Workplace Relationships, Intimate Relationships, and Fostering Independence.

Peers Foundation - Teens (12yo-15yo -high school)

Peers Foundation - Teens and young adults (16yo -25yo)

Peers PLUS - Teens (12yo-15yo -high school)

Peers Plus - Teens and young adults (16yo -25yo)

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