



# PEERS® for Adolescents Social Skills Group

## NOW ENROLLING FAMILIES

PEERS® for Adolescents is an evidence-based social skills program for adolescents in middle and high school who are interested in making and keeping friends and/or handling conflict and rejection. Adolescents and parents attend 14 weekly group sessions for 90 minutes per week. Participants are taught social skills through didactic lessons and role-play demonstrations, and practice these skills during group socialization activities. Parents attend separate sessions simultaneously and are taught how to assist adolescents in making and keeping friends (parent participation is required).

### Participants will learn about:

- Developing and maintaining friendships
- Conversational skills
- Entering and exiting conversations
- Appropriate use of humor
- Handling disagreements

- Electronic communication
- Being a good sport
- Organizing get-togethers
- Handling teasing and bullying
- Changing a reputation

**For more information:** (408) 219-0051  
[hopefulheartsconsulting@gmail.com](mailto:hopefulheartsconsulting@gmail.com)  
[www.hopefulheartsconsulting.com](http://www.hopefulheartsconsulting.com)  
[www.semel.ucla.edu/peers](http://www.semel.ucla.edu/peers)

TELEHEALTH AND IN-PERSON OPTIONS AVAILABLE



# PEERS<sup>®</sup> for Adolescents Social Skills Group

## Overview

### NOW ENROLLING FAMILIES

Enrollment is limited. Group instruction is provided in English. Regular attendance is imperative. Parent participation is required.

This group will run for weeks. Group placement is determined by clinician at intake appointment based on group dynamics.

## Application

### What are the participation requirements?

- Have difficulties with making and keeping friends
- Teens in middle school or high school
- Teens must be interested in attending the program
- Teens must agree to participate in the program voluntarily
- Teens must consistently attend the program
- Parent must be willing to participate

### How can I apply to participate?

- Contact OT Nicole Kristal at 408-219-0051 to complete a 15 minute phone screening and receive an enrollment packet.
- Complete and return your enrollment packet. Then receive a brief intake to determine if this group program is appropriate for you and your teen.

## Dates and Availability

### When do groups meet?

- **Duration:** 14 weeks
- **Planned Days/Times:**
  - Teen Sessions- Tuesdays 7:00-8:30pm
  - Caregiver Sessions- Thursdays 7:00-8:30pm via Zoom
- **Terms:** Fall 2026; Start Date: September 1st; Final Session: December 10th; No group the week of 11/23/26-11/27/26
- **Planned Frequency:** 2x/week for 14 weeks

## Venue

### Where do groups meet?

- Private Residence in Durham: Address to be provided after enrollment is confirmed

## Cost

- More information about the cost of this group will be provided during initial intake. The fee for this course is private pay only and is not covered by insurance at this time. A superbill with diagnostic codes and fees can be provided at request.