



PROGRAM FOR THE EDUCATION & ENRICHMENT OF RELATIONAL SKILLS

# PEERS FOR YOUNG ADULTS



PEERS is an innovative, evidence-based program designed for young adults with autism who want to develop and maintain healthy relationships. The skills taught in the PEERS program are essential for adulthood and can also help pave the way for securing meaningful, successful employment.

**IN THIS 16-WEEK PROGRAM, AUTISTIC YOUNG ADULTS, WITH THE HELP OF THEIR SOCIAL COACHES\*, WILL LEARN HOW TO:**

- Use appropriate conversational skills
  - Choose appropriate friends
  - Appropriately use electronic forms of communication
  - Appropriately use humor and assess humor feedback
  - Start, enter, and exit conversations between peers
  - Organize successful get-togethers with friends
  - Develop romantic relationships and use appropriate dating etiquette
  - Handle arguments and disagreements with friends and in relationships
  - Handle rejection, teasing, bullying, and rumors/gossip
- \*Social coaches (a parent, a support worker, an adult sibling, a friend, etc.) will learn effective coaching techniques to support the weekly learning

## IS PEERS FOR YOU?

- Participants must be 18-29 years old
- Must have near-average reading and writing skills
- Verbal ability to handle fast-paced instruction
- Motivation to attend
- Participants **MUST** have a social coach that can attend every session

*An initial screening assessment will be conducted to ensure appropriateness of program application.*

**PROGRAM COST:** \$1600 PAID IN INSTALLMENTS. HEALTH BENEFITS MAY COVER THE FEES. If cost is a barrier, we will work with you to find a suitable solution.

Funded by:



# APPLY TODAY!

**ENROLLMENT IS ONGOING**  
SESSIONS RUN IN FALL, WINTER, AND SPRING  
[TEENANDADULT@CENTREFORAUTISM.AB.CA](mailto:TEENANDADULT@CENTREFORAUTISM.AB.CA)  
OR CALL 780.488.6600