



MRHS is excited to offer an internationally recognized social skills program for teens interested in improving effective communication skills. PEERS® (Program for the Education and Enrichment of Relational Skills) is a 16-week evidence-based social skills intervention for **motivated teens** who are interested in learning ways to help them make and keep friends. During each group, students will be taught important social skills and are given the opportunity to practice these skills in group during socialization activities. Parents will be provided weekly handouts to communicate what was learned in group so they can help support and encourage the use of these appropriate skills at home. PEERS® may be appropriate for teens with: Autism Spectrum Disorder, Depression, Anxiety or other any student who experiences difficulty in social situations.

Weekly Topics Will Include

- ❖ Trading Information
- ❖ Electronic Communication
- ❖ Choosing Appropriate Friends
- ❖ Appropriate Use of Humor
- ❖ Start and Join Conversations
- ❖ Exit Conversations
- ❖ Good Sportsmanship
- ❖ Get-Togethers
- ❖ Handling Arguments
- ❖ Changing Reputations
- ❖ Handling Teasing and Embarrassing Feedback
- ❖ Handling Physical Bullying
- ❖ Handling Cyber Bullying
- ❖ Minimizing Rumors and Gossip

The Fall PEERS® group will meet every Thursday, beginning, October 13, 2016 during Unit Lunch in the Child Study Team Conference Room. The group will be facilitated by MRHS Social Worker, Karen Leonard. Mrs. Leonard is a Licensed Clinical Social Worker and a Certified PEERS® Provider.

For questions, please call (609) 927-0825 x1023 or email kleonard@mainlandregional.net.

To learn more about the PEERS® program visit www.semel.ucla.edu/peers

Enrollment is limited to maintain a small group size, so early registration is required. Students **MUST** have a desire to participate. If you would like to be included in this opportunity, please sign and return this form to the CST or Mrs. Leonard.

Student Name _____ Student Signature _____

Parent Name _____ Parent Signature _____

Parent Phone _____ Parent Email _____