

RUTGERS

Graduate School of Applied
and Professional Psychology

PEERS®

for Young Adults

*A social skills group for socially-motivated adults
diagnosed with Autism Spectrum Disorder*

PEERS® for Young Adults is a 16-week evidence-based social skills intervention for individuals who are interested in learning skills to make and keep friends and develop romantic relationships. During each group session, young adults are taught important social skills and are given the opportunity to practice these skills. Social coaches learn strategies to support the young adult to expand their social network, make and keep friends, and provide feedback through coaching.

This group is appropriate for adults who:

- Are 18-40 years old and graduated from high school
- Have a diagnosis of Autism Spectrum Disorder
- Speak in sentences to communicate
- Have a social coach who will attend the program each week (e.g., a parent, sibling or other person to provide support)
- Are interested in attending the program and agree to attend consistently

The group will learn about:

- Conversational skills
- Appropriate use of humor
- Handling direct and indirect bullying
- Electronic communication
- Handling arguments and disagreements
- Organizing get-togethers with friends
- Dating skills
- Strategies for handling sexual pressure



For enrollment information:

(848) 445-9384

www.is.gd/RCAASclinic