



PEERS

SOCIAL SKILLS GROUPS FOR TEENS AND YOUNG ADULTS

REGISTER NOW

☎ 0448 408 632

✉ groups@grampianspsychology.com

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to Register



NEXT GROUP

Next Group Starts

Tuesday 27th May 2025

Runs For

16 Weeks, every Tuesday 4-5.30pm

Location

Grampians Clinical and Child Psychology,
Horsham

WHAT WE COVER

- Making and keeping friends
- Developing romantic relationships
- Dating
- Managing conflict and rejection
- Starting and maintaining conversations
- Finding a source of friends
- Electronic forms of communication
- Entering and exiting conversations

WHAT IS PEERS?

The Program for the Education and Enrichment of Relational Skills (PEERS®) is an evidence-based, parent-assisted social skills program designed for teens and young adults who would like to improve their skills in making and keeping friends. Originally developed for youth with Autism Spectrum Disorder (ASD), PEERS® has also been successfully used with students with Intellectual Disabilities (ID), ADHD, and other social-emotional challenges such as anxiety and depression. It offers practical tools that promote meaningful peer connections.

PERSONALISED FORMAT

We are offering PEERS Program in two formats, so that you can choose which suits your needs better. The young person can attend alone, or their social coach (parent/mentor/support worker) can attend the 'social coach' session at the same time. Read over the next page for details about these two options.

You choose which option is right for you depending on support needs.

OPTION 1 – YOUNG PERSON & SOCIAL COACH

Option 1 includes weekly 90-minute sessions for both the young person and the social coach. The social coach can be a parent, carer, support worker or other trusted adult. Both the young person and their support person attend each week – but in separate rooms. The young person and social coach come back together at the end of the sessions and work with the facilitator to set personalised home practice for the following week. Social coaches learn the **same skills** as the young adults in separate, concurrent sessions so they can:

- Provide ongoing coaching in natural, everyday situations
- Help complete weekly practice assignments
- Support young adults in finding and joining social activities outside the group
- Encourage long-term social confidence and independence

This team-based approach ensures that what's learned in group is supported and generalised at home and in the community.

This option is best for young people who prefer support from home to generalise the social skills learnt in session, and whose social coaches would like to learn practical skills for supporting them.

This is generally the recommended option when circumstances allow.

Option 1 Cost

Weekly Cost \$353

Total program cost \$5648 for 16 weeks

Includes 16 x 90 minute sessions for young person & 16 x 90 minute sessions for social coach

NDIS aligned invoicing

OPTION 2 – YOUNG PERSON ONLY

In Option 2 the young person attends the same sessions but they do not have a social coach attending. At the end of each 90-minute sessions, the facilitator will work with the young person to set personalised home practice goals for the upcoming week.

This option is suitable for young people who need minimal support with implementing new social skills or for logistical reasons do not have a social coach who can attend with them.

Option 2 Cost

Weekly Cost \$223

Total program cost \$3568 for 16 weeks

Includes 16 x 90 minute sessions for young person

NDIS aligned invoicing