

# ASD Supports

Version 5

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## PEERS®

Program for the Education and Enrichment of Relational Skills (PEERS®) is an innovative, evidence-based program designed for neurodiverse young adults 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, neurodiverse 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 group 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: are integrated into the program utilizes other students will learn effective coaching techniques to reinforce the weekly learning.

Is PEERS® for you?

- Do you identify as being neurodiverse and looking to improve your social skills?
- Participants must be enrolled at Seneca Polytechnic
- Participants must be 18-29 years old
- Motivation to attend

### **Games Night**

A weekly social gathering of students who identify and neurodiverse socialize, establish connections and play board games to foster a sense of community and support amongst Seneca Polytechnic students.