

ASD Supports

Version 1

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PEERS

Program for the Education and Enrichment of Relational Skills (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, young adults with autism, 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: 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 neuro diverse 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.