



UBC PEERS® CLINIC virtual teen program

An evidence-based social skills program designed to help teens with autism spectrum disorder (ASD) make and keep friends

WHO IS THIS PROGRAM FOR?

- Teens with ASD between the ages of 13-18 with friendship difficulties
- Must be in middle school or high school
- Average verbal/language ability
- Teens **must** be interested in joining and participating in PEERS
- A parent/caregiver must be willing to participate in the program

WHEN AND WHERE?

- Duration: 16 consecutive weeks (one week off for Spring Break)
- Day/Time: Wednesdays from 6:00 - 7:30 pm via **ZOOM**
- Start Time: Wednesday, January 19, 2022
- **Location:** Virtual on ZOOM

WHAT WILL THE TEENS LEARN?

- Appropriate conversational skills
- Entering and exiting peer conversations
- Finding common interests with peers
- Choosing appropriate friends
- Appropriate use of humour
- Good sportsmanship skills
- Handling teasing and disagreements
- How to have a get-together
- And much more!

COSTS

- The program fee is \$2100 for the 16-week program
- PEERS is usually covered through the Autism Funding Unit should families choose this method of payment

PROGRAM LEADERS

- At the UBC PEERS Clinic, we are pleased that all of our group leaders are Certified PEERS Providers and were certified at The University of Los Angeles, California where the PEERS Program was developed. All leaders have Masters and/or PhD Degrees in Psychology or related areas
- Our focus is to deliver the 16-week program as it was developed in keeping with the evidence-base of the program

APPLICATION PROCESS

- Please email Dr. Rashmeen Nirmal, UBC PEERS Clinic Founder and Director at dr.rashmeen.nirmal@gmail.com to schedule a 15-minute telephone screening interview
- Then, an intake interview will be scheduled to determine if the program is a good fit
- **Space is limited. We look forward to hearing from you!**



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OF BRITISH COLUMBIA