

Program for the Evaluation and Enrichment of Relational Skills: **PEERS**

PEERS is a weekly social group using a structured group format, focused on teaching teens and young adults the social skills necessary to develop and maintain meaningful relationships with others. For each teen or young adult participating in PEERS, a parent or caregiver attends a separate group session where they receive coaching on how to help their child implement the strategies that they will be learning. PEERS groups meet once a week for 90 minutes each session. The PEERS Teen Social Group is 8 weeks while the PEERS Young Adult Social Group is 10 weeks.

Teens (12-18 years old):	Young Adults (18-24 years old):
<p>Client must be 12 years or older and functioning at a 6th grade level or higher with no aggressive behaviors. Autism diagnosis may be required.</p> <p>Skills and topics covered by the Teen PEERS group include:</p> <ul style="list-style-type: none"> • Trading information • Having two-way conversations • Electronic communication • Choosing appropriate friends • Appropriate use of humor • Entering and exiting a conversation • Get-togethers • Good sportsmanship • Teasing/embarrassing feedback • Handling bullying and bad reputations • Handling disagreements • Rumor and gossip 	<p>Client must be at least 18 years old and functioning at a 6th grade level with no aggressive behaviors. Autism diagnosis may be required.</p> <p>Skills and topics covered by the Young Adult PEERS group include:</p> <ul style="list-style-type: none"> • Trading information • Starting and maintaining conversations • Finding a source of friends • Electronic Communication • Appropriate use of humor • Entering and exiting group conversations • Get-togethers • Dating etiquette • Handling disagreements • Handling indirect/direct bullying

Billing Information:

Sendan Center can bill the following insurances for PEERS:

- Premera, Molina, Regence, and Kaiser Permanente
- Private Pay options are available at a rate of \$95 per session for 8 or 10 weeks.

For more information call 360-305-3275 ext. 7, go to www.sendancenter.com/sendan-center-services/sendan-behavioral-services or scan the QR code.

