



LIVE • WORK • GROW

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Contact us to find out about upcoming group sessions and workshops

Classes may be adjusted to distance or partial distance learning as needed

**All safety protocols required at time of class will be followed including safe distancing, wearing of masks, and hand sanitizing*



Communication, Social, & Relationship Foundations for Teens & Young Adults

Evidence-based curriculum in teaching communication, social and, relational skills for individuals with autism, developmental disabilities, and other communication challenges

An evidence-based social communication group training for teens and young adults with foundations in the UCLA PEERS® Curriculum. Training includes learning ways to improve interpersonal skills needed for social interactions with friends, dating, in the community, and for future employment. During each session, participants are taught important skills and given practice opportunities during socialization activities. Parents are offered concurrent sessions to learn the intervention to help generalize new skills and about transition and independent living considerations to promote self-advocacy and improved outcomes. Sessions are facilitated by experienced and qualified clinicians, also certified in the UCLA PEERS® Curriculum.

Topics Covered:

- Initiating and ending conversations
- Maintaining two-way conversations
- Differentiating friend, dating, and work relationships
- Assessing non-verbal and verbal communication
- Using electronic communication and social media
- Maintaining a positive attitude
- Recognizing controversial topics
- Being flexible
- Solving problems and being proactive
- Using humor
- Identifying and gaining self-advocacy skills
- And more...

Contact:

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or your Michigan Rehabilitation Services (MRS) counselor at: 517.241.5122

E:mail: contact@balancemi-skills.com ~ Website: balancemi-skills.com ~ YouTube Video: [Balance MI-Skills Services Overview](#)