



LIVE • WORK • GROW

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About the program...

Generally held twice weekly for 2-hour sessions

Most sessions held in-person with some possibly virtual (i.e., due to weather)

Groups include interactions with peers, coaching, practice, and out of class activities with social coaches and peers



Foundations for Social Communication for Teens & Young Adults

Evidence-based curriculum in teaching social and relational skills for individuals with autism, intellectual, and developmental disabilities and seeking to improve overall communication

An evidence-based social communication group training for teens and young adults with foundations in the UCLA PEERS® Curriculum and includes added topics. 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. 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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