# Social Skills Workshop



## **PEERS®**

A 16-week social skills workshop for teenagers and young adults who have Invisible Differences

\*Invisible differences are learning disabilities, neurobehavioral disorders and/or mental health disorders such as ADHD, non-verbal learning disabilities, depression, learning disabilities, autism spectrum disorder and anxiety.

#### Learn to:

Make and keep friends Discover common interests Engage in natural, two-way conversations Appropriately use humor Deal with rejection, teasing, and bullying Handle rumors and gossip Manage arguments and disagreements Choose appropriate friends Have a successful get-together with friends



#### Why PEERS®? It works!!

Developed by Ph.D. researchers at UCLA and repeatedly proven effective. Instructors are certified by UCLA.

### **North Shore Classes** are forming NOW! Easy parking; near Old Orchard

### **Register Today!**

Call: Companies That Care at 312.661.1010 **Visit:** www.companies-that-care.org/peers-registration





Building on the strengths of children, teens, and young adults