

PEERS[®] Social Skills Group for Adolescents



The Division of NeuroBehavioral Health at Akron Children's Hospital is pleased to offer an evidence-based social skills group for motivated middle and high school students who would like to learn how to make and keep friends and handle social difficulties. Groups will be facilitated by a PEERS for Adolescents certified provider, with the assistance of trained clinic staff.

Teens and parents attend weekly 90-minute group sessions for 14 weeks. Group sessions will take place in-person in NeuroBehavioral Health on the Akron Children's Hospital main campus. Teaching consists of didactic lessons, role-play demonstrations of skills, and behavioral rehearsals. Parents learn how to be "social coaches" for their teens to help them apply the skills they are learning.

Session topics include:

- Conversational skills
- Electronic communication
- Identifying sources of friends
- Entering conversations
- Handling teasing and bullying
- Resolving disagreements
- Changing a bad reputation
- Planning and hosting get-togethers
- Using humor appropriately

Participation requirements:

- Parent/caregiver involvement (it is best if the same parent/caregiver attends sessions)
- Regular attendance
- Teen motivation and willingness to participate
- Teen is in middle or high school
- Teen has friendship problems
- Teen has conversational speech and can participate in group learning

Enrollment is ongoing, and group assignments are determined at intake based on group dynamics. Instruction is in English. For more information or to start the intake process, call 330-543-8050, select option 9 and ask to speak to the Director Secretary of NeuroBehavioral Health.