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SOCIAL SKILLS TRAINING FOR TEENS

CBI Consultants is pleased to announce that we are offering PEERS for Adolescents developed by Elizabeth A. Laugeson & Fred Frankel.

PEERS (Program for the Evaluation and Enrichment of Relationship Skills) is a 14 week parent-assisted program. It is an evidence-based intervention program out of UCLA that focuses on Social Skill Development for teens. The involvement of Parents is an integral component of the program as parents can promote the generalization of what is taught during the sessions to their son or daughter's home and community. For more information about PEERS please see the UCLA website <http://www.semel.ucla.edu/peers>.

The group sessions include:

- Having a conversation
- Entering and exiting a conversation
- Using electronic forms of communication (text, face book, email)
- Choosing appropriate friends
- Handling teasing & bullying and other forms of rejection
- Handling arguments and disagreements with friends
- Having appropriate get togethers
- Being a good host / good sport

DATES: Wednesdays, January 18th to May 3rd, 2017 (no sessions during Spring Break March 15th and 22nd)

TIME: 6:30 – 8:00 PM

LOCATION: Suite 204 – 3970 Hastings Street, Burnaby, B.C.

COST: \$1,650.00 plus GST

The intervention includes separate parent and teen sessions that meet at the same time for 90 minutes each week. There will be handouts and weekly homework assignments. The PEERS program will be facilitated by Karen Inglis and Wendy Counsell of CBI Consultants. Karen and Wendy are PEERS certified trainers.

Please contact Carmen Cheung at carmen.cheung@cbiconsultants.com to begin the application process.



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