

## MoCo PEERS® Groups

*Social Skills Group for Young Adults with Autism Spectrum Disorder (Asperger's Syndrome, HF Autism) or Social Communication Challenges*



These evidenced-based social skills groups will help young adults learn relationship skills, improve their abilities with making and keeping friends, expand their social networks, and prepare for life into adulthood.

### Concurrent Young Adult and Parent Groups

#### **Young Adults may learn how to:**

- Start and maintain a conversation
- Plan and follow through to connect with peers
- Find a source of friends
- Use humor appropriately
- Enter and exit group conversations
- Handle disagreements
- Manage rejection
- Manage rumors and gossip
- Plan get-togethers
- Learn Dating Etiquette

#### **Parents may learn:**

- How to be an effective social coach
- The meaning of “ecologically valid” social skills
- Ways to expand your young adult’s social network
- How to provide appropriate encouragement, support, and feedback to your young adult
- Support from other parents

**TO REGISTER OR FOR MORE INFORMATION CONTACT:**  
**Caron Starobin, LCSW-C: 301-417-5979**  
**Jamell White, Ph.D., LCSW-C: 301-613-1766**  
**email: [MoCoPEERS@gmail.com](mailto:MoCoPEERS@gmail.com)**

# MoCoPEERS®



---

## **MoCo PEERS® Young Adults Social Skills Group- Information Sheet**

PEERS® is an evidenced-based, parent-assisted social skills group model, and it is proven to be highly effective for teens, and young adults on the autism spectrum and with social communication challenges. MoCo PEERS® is offered by certified PEERS® instructors trained by Elizabeth Laugeson, Psy.D., Founder and Director of the UCLA PEERS® Clinic (<https://www.semel.ucla.edu/peers>).

**WHAT:** The groups emphasize learning, rehearsing, and practicing social skills in a warm, supportive, enjoyable, and focused group setting. Group members support each other to take risks with their peers as they learn and practice skills to improve their relationship skills. The groups also include social coaching sessions for parents or family members. These sessions support parents and family members by teaching them how to be effective social coaches with young adults whom require a greater sense of independence during this time in their lives.

### **TOPICS:**

- How to use appropriate conversation skills including starting and maintaining conversations
- How to find sources of friends
- How to find common interests by trading information
- How to appropriately use humor
- How to enter and exit group conversations
- How to handle rejection and bullying
- How to organize and have successful get-togethers
- Rules for forms of electronic communication
- How to handle arguments and disagreements
- Dating Etiquette (for Young Adult Group only)

### **PREREQUISITES for YOUNG ADULTS:**

- Have friendship problems
- High Functioning Young Adults
- Young Adults show interest in attending the program
- Young Adults agree to participate in the program voluntarily
- Parent or adult family member is willing to participate

---

*Jamell White, Ph.D., LCSW-C and Caron Starobin, LCSW-C*  
[mocopeers@gmail.com](mailto:mocopeers@gmail.com) 301-613-1766 / 301-417-5979

# MoCoPEERS®



**WHERE:** Virtual sessions by zoom. Starobin Counseling / Jamell White, Ph.D., LCSW-C based in Olney, MD

**WHEN:** Mondays 7-8:30pm, March 1—May 24th, 2021 (12 weeks total between March and May)

## **HOW TO GET STARTED:**

1. Interested individuals or families should complete the [MoCo PEERS® Screening Form](#). For questions or to obtain more information, contact MoCo PEERS® (see contact info below).
2. Following the screening process, Caron and Jamell will guide the family through the registration and evaluation process which helps determine if MoCo PEERS® is an appropriate program for the young adult and the parents.

To complete the MoCo PEERS Screening Form, click [here](#)

For more information, please contact:

Caron Starobin, LCSW-C: 301-417-5979

OR Jamell White, Ph.D., LCSW-C: 301-613-1766

[MoCoPEERS@gmail.com](mailto:MoCoPEERS@gmail.com)

---

*Jamell White, Ph.D., LCSW-C and Caron Starobin, LCSW-C*  
[mocopeers@gmail.com](mailto:mocopeers@gmail.com) 301-613-1766 / 301-417-5979