



Understanding Acceptance Inclusion

Social Skills



Social Skills
adapted from the PEERS program at UCLA

Our Social Skills program follows UCLA's PEERS model to support adults with autism to develop and maintain friendship building skills. During this interactive program, adults and their parents/caregivers meet at the same time to partake in separate lessons and activities that cover the same themes. Each session consists of 6-8 adult participants who are supported by our Program Director, Outreach Coordinator, Respite Database Coordinator and trained volunteers over the course of 14 weeks.



Activities often include:

Movie and Pizza Nights
Board Game Nights
Video Game Nights
Rock Climbing
Going Out for Dinner
Birthday and Holiday Celebrations
Recreational Activities
Arts and Crafts
Dance Parties
Bowling
Museum Visits
Social Activities
Skating

“It was really helpful to have detailed emails about the events beforehand. Being able to go over what was going to happen at social group each week was great for working on communication, planning, and easing any anxieties.” - Parent

For more information, please contact:

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