Social Skills Group for Adopted Adolescents

The Calvin University Adoption Study Group is excited to offer a grant-funded program for adopted adolescents and their parents. PEERS® for Adolescents is a 16-week evidence-based social skills program for motivated teens, ages 13 to 17, who are interested in learning new ways of making and keeping friends. During each group session, teens are taught important social skills and are given the opportunity to practice these skills in session during socialization activities. Parents attend separate sessions at the same time and are taught how to assist their teens in making and keeping friends by helping to expand their teen’s social network and providing feedback through coaching during weekly socialization homework assignments. The Michigan Health Endowment Fund has provided financial support for implementing the program at Calvin University through 2021, so there is no cost to families seeking to participate.

Teens will learn how to:

• Use appropriate conversational skills
• Use humor appropriately
• Use electronic communication
• Enter & exit conversations
• Be a good host during get-togethers
• Be a good sport
• Handle arguments and disagreements
• Change a bad reputation
• Handle rumors and gossip
• Handle rejection, teasing and bullying

For more information and to enroll contact Dr. Emily Helder at 616-526-6396 or calvinadoptionstudy@gmail.com