

Northern Beaches



Support Group

ADHD Support Australia is a parent-run group, offering support for parents of children/teenagers with ADHD/ASD via monthly speaker evenings.

The group provides a safe & supportive environment to discuss and learn more about ADHD/ASD. Also suitable for adults with ADHD, professionals working with ADHD/ASD or anyone interested in the topic.

## **Beverley Witherington, Peers Australia**

### **Navigating the social world: Building social skills for teens & young adults with ADHD/Autism & related conditions**



Few social skills programs exist for teens/young adults with ADHD/Autism & related conditions. Peers Australia is bringing to Australia an intervention termed PEERS (Programme for the Education & Enrichment of Relational Skills) developed at UCLA by Dr Elizabeth Laugeson & Dr Fred Frankel.

PEERS is one of the only evidence-based interventions focusing on optimizing social skills for teens and young adults with social challenges.

At this talk Beverley will give an overview of ecologically valid social skills taught in the PEERS<sup>®</sup> program, and provide some practical real world strategies for parents/carers to use in a social coaching model with their teens and young adults to improve perspective taking capacities and friendship quality. Teens/young adults (13-29 years) welcome to attend.

Beverley Witherington, Director of PEERS Australia, PEERS<sup>®</sup> Certified Instructor & Neuroscientist also holds a Masters in Developmental Science, a Masters in Research, and is completing post graduate studies in Coaching psychology.

**Tuesday, 4th December 2018 @ 6.45-8.45pm**

**Pittwater RSL, The Auditorium, 82 Mona Vale Road, Mona Vale**

**\$10 CONTRIBUTION ON THE NIGHT**

**Ticket reservations essential via the website**



**ADHD Guide**

Your guide to ADHD information,  
services & resources in the  
Northern Sydney region.  
[www.adhdguide.com.au](http://www.adhdguide.com.au)

[www.northernbeachesadhdsgroup.com.au](http://www.northernbeachesadhdsgroup.com.au)

Email: [nbadhdsgroup@hotmail.com](mailto:nbadhdsgroup@hotmail.com)

Facebook Forum: [ADHDSupportAustralia/](https://www.facebook.com/ADHDSupportAustralia/)

Facebook Page: [ADHDSupportAustralia/](https://www.facebook.com/ADHDSupportAustralia/)

[www.instagram.com/gutfulofadhd](https://www.instagram.com/gutfulofadhd)



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