

CENTER FOR EVALUATION &
COUNSELING, INC.



presents

PEER

A therapeutic program

PSYCHOEDUCATION, EXECUTIVE FUNCTIONING, EMOTIONAL REGULATION & RESILIENCE

for children, adolescents, & parents

About PEER:

PEER is a therapeutic program that was created for children and adolescents whose mental health and behavioral functioning has been negatively impacted by COVID-19 related stressors.

The goal of PEER is to help children and adolescents cope with these stressors by learning different strategies to improve:

- Executive functioning
- Emotional regulation
- The 7 Core Competencies of Resilience
- PEER program also incorporates psychoeducation for parents and caregivers to teach them how they can support their children, help them to be resilient, and “bounce back” from the stress they have experienced during the COVID-19 Pandemic.

**PEER is made possible through the generous funding of the
Newton Medical Center Community Advisory Board and is
free of cost for all participants!**

CONTACT: TIERNEY.VELIZ@CENTERFOREVAL.ORG