



## Building Healthy Connections Newsletter

### April 2019



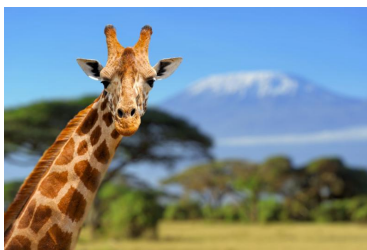
### April is... **Autism Awareness Month!**

Autism Awareness Month aims to create a more inclusive world by increasing awareness, understanding, and acceptance of people with autism. Wear blue this month to show your support!

Stay tuned for an upcoming SVPS Blog post that will outline the signs and symptoms of autism as well as the autism support services we offer.

**Local Event:**  
**Brookfield Zoo Goes Blue for Autism**  
*Saturday, April 6th*

In recognition of Autism Awareness Month, Brookfield Zoo welcomes the autism community to a complimentary day at the zoo. For more information, visit [www.czs.org/zoosgoblue](http://www.czs.org/zoosgoblue).



**Additional Helpful Resource:**  
**"The Complete List of Free Things and**

### **In the Blog...**

**5 WAYS OUR FURRY FRIENDS OFFER A RANGE OF THERAPEUTIC BENEFITS**



Have you ever wondered why so many individuals and families choose to adopt and care for a pet of some sort? Let's face it, being a pet owner is a lot of work! They are a huge responsibility, they make messes and often destroy our valuables at some point in their lives, they can cost a lot of money and require a lot of attention and care, in some cases as much attention and care as a child can require. Yet, where ever we turn, we see people walking their dogs, driving cars with bumper stickers of their pets, and dog's heads with mouth wide open hanging out the car window.

[Read More](#)

**LEARNING DISABILITIES:  
THE FOUR MAJOR TYPES &**

## Grants for Kids with Special Needs"

by Iriana Vasilescu

This post provides a comprehensive list of companies and non-profit organizations that provide free resources, financial aid, and discounts to families and children with special needs.

[Read it here!](#)



### New SVPS Group!

#### *Oh Baby Baby! Pre & Post-Natal Mother's Support Group*

*with Dr. Ashley Houchin*

*Day/Time: Saturdays at 11:00am, babies welcome!*

Join our experts in child development for a group focused on supporting mothers as they prepare for, and recover from, pregnancy. Learn about parent-child bonding and how to raise a secure child. Connect with other moms to find support about the joys and fears of parenting.

This group will have an open format but we anticipate that specific topics may arise, including, but not limited to...

- Attachment
- Parent-child bonding
- Nursing
- Sleep (or lack of sleep)
- Partner relationships
- Child development
- Sibling relationships
- Maternal well-being

If you are interested in participating, or would like

## COMMON SIGNS



Have you ever wondered if you or your child have dyslexia? Many people have wondered if they have a learning disability, but are often unsure of the signs that an evaluation is needed. Identifying a learning disability is key in helping the individual identify more useful strategies for learning. Being taught in ways that are counter to your preference for learning can create barriers, making learning extremely difficult.

[Read More](#)

[Check out more  
SVPS Blog  
content!](#)

more information, **please give us a call or complete our online inquiry form.**

**Register Today!**

**Click here to view all of our current and upcoming groups!**



**Circle of Security**

INTERNATIONAL

*Early Intervention Program for Parents & Children*

## **Upcoming Spring Series**

### ***Circle of Security™ 8 Week Parent Support Group***

*with Dr. Heather Bennett*

*Day/Time: Monday or Tuesday Evenings, depending on group member preference/availability.*

*Running weeks of 4/22-6/10.*

COS© Parent Support Group is an evidenced-based, highly successful intervention for parents and caregivers. This internationally acclaimed 8 – week program provides real life, video-led examples of parents interacting with their children, a supportive space to process individual parent struggles, and new strategies for reflecting on and reducing many common parent-child struggles. SVPS has enhanced this program to not only address parenting within the early developmental years, but also how to prepare for and effectively manage the sometimes difficult adolescent years.

COS© addresses the following common parent child struggles:

- Emotional regulation
- Issues with self-esteem
- Disruptive or inappropriate behavior
- Aggression
- Withdrawn/detached styles of relating
- Power struggles
- Developing independence and autonomy
- Feelings of helplessness in parenting

If you are interested in participating, **please click here and complete the form to let us know**

your preferred day.

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**Featured Clinician:**  
***Ryan Holley, Psy.D.***

*Director of Developmental and Special Needs Services,  
Licensed Clinical Psychologist*

Dr. Ryan Holley serves as the Director of Developmental and Special Needs Services at Shared Vision. He also specializes in the therapeutic treatment and neuropsychological assessment of school-aged children, adolescents, and adults. Dr. Holley has experience in treating developmental delays, difficulties with anger, depression, anxiety, death and loss, relationship conflicts, and individuals seeking parenting guidance. Treatment modalities include play and sand-tray therapy for children, as well as individual, group, and couples therapy for adolescents and adults. He is a certified Circle of Security<sup>®</sup> Parent Educator, graduate professor of personality and cognitive assessment, as well as an active board member for the Chicago Association for Psychoanalytic Psychology.

## Other Services We Offer

- Individual, Couples, and Family Therapy
- Comprehensive Diagnostic Evaluations
- Collaboration with Schools

- Consultation to Professionals
- Community Presentations, Seminars, and Training
- Pre- and Post- Adoption Psychological Services
- Developmental & Special Needs Psychological Services



**Contact Us!**

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