



## Building Healthy Connections Newsletter

February 2019



### **New Year, New Group!** *Teacher Stress Management Group*

*Day/Time: TBD, Call with interest*

This group will meet weekly as a space for teachers of all education levels to discuss topics related to teaching and providing instruction in the school setting. In this process-oriented group, topics might include self-care, classroom management, relationships with students and school personnel, and other related topics group members may feel appropriate.

Those who participate in the Teacher Stress Management Group will find this to be a supportive environment in which they collaborate together to enhance awareness and insight around various situations related to the teaching profession.

If you are interested in participating, or would like more information, **please give us a call or complete our online form.**

[Contact Us!](#)

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

**6 SELF-CARE TIPS TO HELP  
WORK FEEL A LITTLE LESS  
STRESSFUL**



Work can be stressful. As much as we'd like to enjoy going to work each day, sometimes we have to admit that work is not always a place we want to be spending most of our time. Whether sitting at a desk or constantly running around, it can be difficult to make time for ourselves. However, finding 5 to 10 minutes out of your day to check-in and engage in mindfulness can make a world of a difference...

[Read More](#)

**5 WAYS TO CULTIVATE  
MEANINGFUL CHANGE**





## Looking for New Group Members:

### ***Social Skills/Play Group, Ages 3-4***

*Wednesdays at 2:00pm*

### ***Teen Girl's Group, 7th-9th Grade***

*Tuesdays at 6:00pm*

### ***Teen Support Group, 9th-12th Grade***

*Tuesdays at 7:00pm*

### ***Young Adult Group, Ages 21-28***

*Day/Time: TBD, Call with interest*

### ***Women's Stress Management Group***

*Thursdays at 5:45pm*

### ***Divorced Dad's/Men's Group***

*Day/Time: TBD, Call with interest*

### ***Mother's Coffee & Connection***

***\*New Day/Time\**** *Saturdays at 12:00pm*

**Complete our online inquiry form to register!**

With the start of a new year, January is rife with resolutions and the hope of new beginnings. Gyms are filled with new people, grocery store carts are filled with fresh fruits and vegetables, and the hashtag #newyearnewyou is almost certainly trending. Initially, the excitement of change tends to be motivation enough to follow through on our efforts. However, it seems that far too quickly this wears off and we're left feeling disappointed and right back where we started...

[Read More](#)

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



**Featured Clinician:**  
***Alexandria Salerno, Psy.D.***  
*Postdoctoral Fellow, Psychotherapist*

Dr. Alexandria Salerno provides therapeutic treatment and assessment services for children, adolescents, and adults of all ages through an interpersonal, attachment-based approach. Primarily, Dr. Salerno works with individuals who are experiencing difficulties related to anxiety and depressive disorders, challenging relationships, feelings of low self-worth, trauma and loss, and adjustment to life transitions; all which have an impact on overall well-being and day-to-day functioning.

Dr. Salerno has a particular interest in child and adolescent development, including attachment and relational-based dynamics within the parent-child dyad. She has additional experience working as a school-based clinician collaborating with teachers, staff, and students to help establish an environment that is sensitive to mental health concerns within the school setting.

## 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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