



**SHARED VISION**  
PSYCHOLOGICAL SERVICES  
*Building Healthy Connections*

## Building Healthy Connections Newsletter

### March 2019

### New SVPS Groups!



#### *College-Bound Teen Group*

*Day/Time: TBD, Call with interest*

This group is for young adults who are preparing to leave home for the first time or who have struggled to go away from home and successfully navigate school or work. This group will be a space to process these thoughts and feelings openly, and without judgment.

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

### In the Blog...

**LET GO OF FIGHTING FAIR  
AND LEARN TO REPAIR:  
3 WAYS HEALTHY  
COUPLES HEAL AFTER AN  
ARGUMENT**



The idea of “fighting fair” has long been a topic that comes up with those wanting more peace or closeness in their relationships. This idea, along with recommendations and advice, surrounds us in pop culture – from magazine articles, how-to books, and even in the business world, we hear of tricks and tools to both use in conflict and avoid conflict all together.

*The truth is that happy couples fight, and fairness is far from their awareness as they do...*

[Read More](#)

**3 SIGNS YOUR TEEN IS  
READY FOR COLLEGE**



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

*Day/Time: Mondays at 5:00pm*

*Ages 35+*

In recognition that dad's often struggle to find safe spaces where they can freely discuss their feelings, we want to provide a space for dads to gather and support each other through the often difficult and emotionally charged process of divorce.

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

[Register Today!](#)

[Click here to view all of our current and upcoming groups!](#)



**Featured Clinician:**



It's that time of year! You're learning of all the possible places your kiddo might be able to attend college. It's an exhilarating and terrifying time for the whole family. While I'm sure you are thrilled that your teen is getting accepted to colleges, you might also feel stressed about watching them spread their wings. Here are 3 signs that you teenager is ready for college..

[Read More](#)

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

## ***Kristin Condon, Psy.D.***

*Executive Clinical Director, Licensed Clinical Psychologist*

Dr. Kristin Condon specializes in the assessment and treatment of pre-school and school-aged children, teens, adults, and families through a dynamic, attachment-based approach. Dr. Condon has particular interest in child and adolescent development, caregiver-child attachment, interpersonal neurobiology, play and sandtray therapies, domestic and international adoption, the treatment of anxiety and depressive disorders, adjustment-to-life transitions, social aggression and bullying, regulatory disorders, and trauma. She is a certified Circle of Security© Parent Educator and an adjunct faculty member at the Illinois School of Professional Psychology, where she has taught courses in child and adolescent development and psychopathology.

### 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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