



Building Healthy Connections Newsletter

May 2019



Last Chance to Sign Up:

Fundamentals of Special Education Workshop

with Dr. Jared Spencer

Day/Time: Monday, May 13th at 7:30pm-9:00pm

Cost: \$45 per person (\$60 per couple)

The goal of this workshop is to help familiarize parents with what to expect from schools should they believe their child may qualify for special education services. This presentation will focus on:

- How do you know if your child needs special education?
- Differences between 504 plans and special education
- How the process of special education eligibility works
- What to expect during meetings with school staff
- What is an IEP?
- Parental rights
- Tips for advocating for your child

For additional questions, please contact

In the Blog...

HOW FOOD IMPACTS MOOD



“You are what you eat!”

The age old phrase is one that reminds us to be mindful of what we’re consuming, though it is often connected to our physical health. We’ve heard plenty of times that a healthy diet can help reduce the risk of disease, but did you know that research is now finding a link between food and our mood?

[Read More](#)

UNDERSTANDING AUTISM: COMMON SYMPTOMS & SUPPORTIVE INTERVENTIONS



As a clinician who specializes in the diagnosis and treatment of

Dr. Jared Spencer at 630-571-5750 x. 252.

[Click Here to Sign Up!](#)



New 4-Week Group!

Mindfulness Meditation Group for Kids & Parents

with Dr. Alexandria Salerno

Ages 8-12 & Parents

Day/Time: Wednesdays at 3:30pm

Dates: June 5th, 12th, 19th & 26th

Mindfulness practice has been shown to provide a variety of benefits to kids and adults, including stress reduction, increase in emotion regulation, and improvement in concentration. As Mindfulness becomes more widely understood, it is being used and encouraged by teachers, therapists, and other healthcare professionals as a healthy way to cope with daily stress. This 4-week group will help kids, and their parents, learn how to incorporate Mindfulness in their lives.

Kids and their parents are invited to participate and practice together. We will utilize ideas and activities from the book, *Sitting Still Like a Frog, Mindfulness Exercises for Kids (and Their Parents)* by Eline Snel, as well as other useful books and resources.

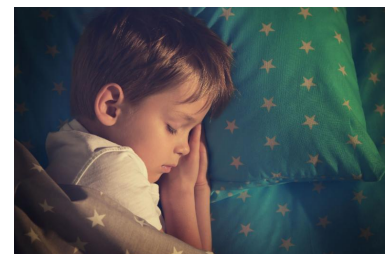
Each class will be approximately 50-minutes in length and will build upon practices learned in the previous class. To maintain consistency, we ask all participants to commit to all four weeks of the course. We also ask that participants wear comfortable clothing as we may sit on the floor or lay down on the ground when practicing mindful techniques.

**For additional questions,
please contact Dr. Alexandria Salerno at
630-571-5750 x. 237.**

Autism Spectrum Disorder, I often meet with parents who begin their first session with me by asking, “What is Autism?” In order to answer this question, I first acknowledge that Autism is not really a single condition; rather, it is a spectrum of difficulties that can surface in a variety of ways over time.

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HEALTHY SLEEP HABITS FOR INFANTS, TODDLERS, & SCHOOL-AGE CHILDREN



Healthy sleep is an indispensable key to emotional and physical wellness across the lifespan – and during childhood, it is a foundational component of optimal overall health and development. Research demonstrates that the effects of unhealthy sleep during early childhood include but are not limited to...

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Looking for Members:

Teacher Stress Management Group

with Dr. Alexandria Salerno

Day/Time: TBD, Contact with Interest - will begin in June!

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.

**For additional questions,
please contact Dr. Alexandria Salerno at
630-571-5750 x. 237.**

[Click Here to Register Today!](#)

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



Featured Clinician:

Jared Spencer, Psy.D.

Postdoctoral Fellow, Psychotherapist

Dr. Jared Spencer specializes in the treatment of pre-school and school-aged children, teens, and young adults through a relationally focused approach. He has particular interest in child and adolescent development, play therapy, parent guidance, psychological assessment and school psychology. He has experience treating individuals with adjustment-to-life transitions, relational problems, mood disorders, anxiety, ADHD, Autism Spectrum Disorder (ASD) and trauma.

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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