



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

## Building Healthy Connections Newsletter

### August 2019

### NEW Support Group!



### Adult Support Group

*Day/Time: TBD, Contact with interest*  
*Ages 25-35*

This process-oriented group aims to provide an open and safe space for adults to process their thoughts and feelings, together. One goal of this group will be to address issues relevant to adults today including (but not limited to): career, work-life balance, raising children, navigating familial relationships, social media and the influence of technology, as well as other topics brought up by participating group members.

[Click here to register today!](#)

### In the Blog...

#### 3 IMPORTANT MESSAGES FOR PARENTS OF GENDER-DIVERSE\* ADOLESCENTS



*\* A gender-diverse individual may be transgender, or may also be described as gender non-conforming, gender expansive, non-binary, gender creative, genderqueer, or gender variant. Any story of gender variance or transition is, of course, about the person affirming their own identity. But there's also a profound period of questioning and transition necessary for the parents/caretaker/loved ones of these individuals. Add adolescence to the mix, and things can feel pretty chaotic!*

[Read More](#)

### Coming in October...

**VIDEO GAMES: 9 TIPS FOR HEALTHY MODERATION THIS SUMMER**



## ***Special Education 101: Workshop for Parents***

*Day/Time: Saturday, October 5th 9:00am-11:00am  
Price: \$35.00 per person (\$50.00 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. The 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

If you have any additional questions regarding the upcoming workshop, please contact Dr. Jared Spencer at 630-571-5750 x 252.

**Click here to register today!**

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## **Featured Groups:**



Summertime is here – the season for beaches, baseball, and dreaded battles over screen time. With the unstructured days of summer break, kids are often lured into more engagement with screens, especially when the start of dry, warm weather is delayed like it has been this year in Chicago. As parents, it can be tough navigating how to set and sustain limits required by highly alluring, stimulating video games or the 24/7 pace of social media competing for your child's involvement.

**Read More**

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**Check out more  
SVPS Blog  
content!**



## *Women's Stress Management Group*

*Day/Time: Thursdays at 5:45pm*  
*Ages 35+*

This weekly, process-oriented therapy group is open to women who are seeking a supportive, relational experience in which to explore presenting areas of distress and to strengthen each individual's strivings towards desired growth, change, and overall sense of well-being. Members that participate in our Women's Group find this environment to serve as a safe, non-judgmental, and collaborative forum in which they are empowered to enhance self-awareness, insight, and healthy coping strategies.

[Click here to register today!](#)



## *Divorced Dad's/Men's Support 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.

[Click here to register today!](#)

[All of our groups are accepting new members! Click here to view them all](#)



**Featured Clinician:**  
***Irma Khelghati, Psy.D.***

*Co-Director of Psychological Assessment, Licensed Clinical Psychologist*

Dr. Irma Khelghati is a bilingual psychotherapist who specializes in working with children, adolescents, and families who are experiencing difficulties that are impacting their well-being and functioning. Working from a psychodynamic and attachment-based approach, Dr. Khelghati strives to provide a therapeutic experience of connection and relatedness that can support each individual's unique personal growth and mastery of struggles. Areas of specialization include trauma and healing, parent-child attachment, depression, anxiety, resilience, sibling relationships, adolescent identity development, social and behavioral challenges in children, relationship difficulties, and immigration-

related stressors. Dr. Porcic also serves as the Co-Director of Psychological Assessment at Shared Vision, and regularly conducts comprehensive evaluations of clients' emotional, social, neuropsychological, and academic functioning.

## 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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